

	Day 1 - Acceleration Compliment				Day 2 - MaxV Compliment				Day 3 - Replacement of Gen Circuit						
	Exercise	Set	Reps	Weight	Notes	Exercise	Set	Reps	Weight	Notes	Exercise	Set	Reps	Weight	Notes
<b>Week 1</b>	A1 Trap Bar Deadlift	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4	3		18" Seat Height / Max Box Height	A2 Altitude Drop	4	3		12" Box - Squatted Landing	Dumbbell Bench Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 Leg Press	4	6			Single Leg DB RDLs	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 Counter movement Jump (CMJ)	4	3		Max Height - 10s rest between sets	Dumbbell Tripod Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 2</b>	A1 Hack Squat	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4	3		18" Seat Height / Max Box Height	A2 Power Step Up	4	3		12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 Leg Press	4	6			Dumbbell RDL	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 Depth Jump	4	3		12' Box - Reactive off the ground	Dumbbell Upright Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 3</b>	A1 Trap Bar Deadlift	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Single Leg Seated Box Jump	4	3/3		18" Seat Height / Max Box Height	A2 Power Step Up	4	3		12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 SL Leg Press	4	6/6			Dumbbell RDL	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 SL Depth Jump	4	3/3		12' Box - Reactive off the ground	Dumbbell Upright Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 4</b> Recovery Week	OFF				OFF				OFF						
<b>Week 5</b>	A1 Trap Bar Deadlift	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4	3		18" Seat Height / Max Box Height	A2 SL Altitude Drop	4	3/3		12" Box - Squatted Landing	Dumbbell Bench Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 Leg Press	4	6			Single Leg DB RDLs	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 Counter movement Jump (CMJ)	4	3		Max Height - 10s rest between sets	Dumbbell Tripod Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 6</b>	A1 Hack Squat	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Seated Box Jump	4	3		18" Seat Height / Max Box Height	A2 Power Step Up	4	3/3		12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 Leg Press	4	6			Dumbbell RDL	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 Depth Jump	4	3		12' Box - Reactive off the ground	Dumbbell Upright Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 7</b>	A1 Trap Bar Deadlift	4	6			A1 Barbell Step-Up	4	6/6		18" Box Height	Dumbbell Split Squat	3	10/10		1:30 R' b/t sets / Increase load each set
	A2 Single Leg Seated Box Jump	4	3/3		18" Seat Height / Max Box Height	A2 Power Step Up	4	3/3		12" Box - Max Height Off Box	Dumbbell Seated Shoulder Press	3	10/10		1:30 R' b/t sets / Increase load each set
	B1 Barbell RDL	4	6			B1 SL Leg Press	4	6/6			Dumbbell RDL	3	10/10		1:30 R' b/t sets / Increase load each set
	B2 Broad Jump	4	3		3 Consecutive Jumps	B2 SL Depth Jump	4	3/3		12' Box - Reactive off the ground	Dumbbell Upright Row	3	10/10		1:30 R' b/t sets / Increase load each set
<b>Week 8</b> Recovery Week	OFF				OFF				OFF						