

Click [Here](#) for an Introduction Video, acronyms explained below.

TABLE A. Periodization & Progression via Variated Muscle Actions

CATEGORY	ECCENTRIC <i>Tempo – :5- :0-:1</i>	ISOMETRIC <i>:30 Holds</i>	CONCENTRIC <i>x 8 – 12 Reps</i>	DYNAMIC/ BALLISTIC <i>x 6 – 8 Reps</i>
Upper Push	Push Up	Push Up Hold	Push Up	Drop Push Ups
Lower Push	Split Squat	Split Squat Hold	Split Squat	Split Squat Jumps
Upper Pull	Bent Over T	Bent Over T Hold	Bent Over T	Alternating Bent Over T
Lower Pull	SL RDL	SL RDL Hold	SL RDL	SL RDL + Hip Flexion
Pillar/ Core	Walkout	Plank	Plank Taps	Alternating Plank Taps

/ Sets – 4-6 each exercise/

TABLE B. Periodization & Progression via Variation, Sets & Reps

CATEGORY	PHASE 1 -3 WEEKS 10 x 10 Reps	PHASE 2 -3 WEEKS 10 x 10 Reps	PHASE 3- 3 WEEKS 10 x 10 Reps	PHASE 4- 3 WEEKS 10 x 10 Reps
Upper Push	Push Up	Feet Elevated Push Up	Feet Elevated Push Up w. Pause	Feet Elevated Push Up + Knee Tuck
Lower Push	Split Squat	Split Squat Hold	Rear Foot Elevated Split Squat	Fwd. or Rev. Lunge
Upper Pull	Prone W's	Bent Over W	Bent Over Alt. W	Soup Can Bent Over W
Lower Pull	SL Glute Bridge	SL Alt. Glute Bridge	SL RDL	SL RDL + Hip Flexion
Pillar/ Core	Plank :30s	FE Plank :30s	Fwd. Crawl	Fwd. + Bwd. Crawl

/ FE = Feet Elevated/ |Alt. = Alternating/ | Fwd. = Forward | |Bwd. = Backward/ | Rev. = Reverse/ SL RDL= Single Leg Romanian Dead Lift | SL= Single Leg |