

EXERCISE ORDER

The proper order of exercises in your workout
based on how your body's uses energy

WARM UP

- Functional Range Conditioning
- A type of dynamic warm up that focuses on the joint. By focusing on the joint, we hit the muscles that work to move about the joint



PLYOMETRICS

- Explosive movements to help recruit signals to the muscle from the spine and brain
- These movements are usually performed with just body weight but can incorporate some resistance such as a small medicine ball or resistance band.
- Most of the time gravity is a great source of resistance as is the ground like the depth drop.



PAP – POST ACTIVATION POTENTIAL

- This form of warm up is done by performing the main exercise of the day at heavy increments building up at small rep ranges.
- The goal is to use a weight or resistance greater than what your actual working sets will be.
- By performing a half or quarter squat 10-20% heavier than your working sets the following will happen.
- The working sets will feel easier because you have recruited signals from the spine at a higher weight and the body is ready for anything!



MAIN LIFT

- We are now warm, and it is time to put the work in. This is the time to focus on strength and power. Here are some examples of the main lifts
- DB Bench
- Barbell Bench
- Shoulder Press
- Bent over Row
- Squat – variations depending on your skill level
- Deadlift – variations depending on your skill level



ACCESSORY

- This is the time to workout for size and a little bit of strength. These movements all depend on how heavy you are going but they should range from 6-12 reps per set
- If you can not do at least 6 reps go lighter. If you get more than 12 reps go heavier.
- Here are a few examples.
 - Lunges
 - Hamstring curls
 - Bent over row
 - DB flys
 - Most arm movements



ENDURANCE

- This can be any movement with little to no resistance working on stamina. The goal is more than 12 reps per set. If you can not get 12 reps go lighter.
- Examples of endurance work
 - Light band triceps extensions
 - Banded bicep curls
 - Side raises
 - Calf raises
 - abs

