

PEP SERIES

*Phase 1*

**ISOMETRICS**  
**“ENERGY TRANSFER**  
**STATION”**



## **NOTE: Phase 2 Includes Of Weeks 5-8**

\*It is advised that Elite Athletes use their 1 rep max and Novice Athletes use their 3 rep max for their workout percentages!

# **Phase Breakdown and Overview**

## **Important Of Training Isometric Strength For Athletic Development and Sports Performance:**

The isometric phase is the energy transfer station of all muscular actions, turning absorbed eccentric energy into explosive, concentric actions.

- Isometric = “Clutch” of Dynamic Movement
- RFD “Rate of Force Development”
  - Sports Specific Angles Can Be Mimicked
  - Angle Specific Force
- Faster Signal Transduction
- Thickening Myelin Sheaths
- Bridges Gap of Eccentric to Concentric

It is imperative that an athlete can forcibly bring the eccentric load to a halt instantly. Research has shown that improved neuromuscular action, through improved recruitment, coding, and coupling by means of isometric training, leads to improved RFD. The athlete who can stop the eccentric stretch of a muscle the quickest is going to benefit with an improved stretch reflex as well as have more energy absorbed into the musculoskeletal structure to be used in the SSC (Stretch Shorting Cycle). To maximize this conduit of energy transfer, an athlete needs a fast developing, transitioning, isometric contraction.

The position of the isometric or specific joint angle is dictated by the demands of an athlete’s sport to ensure transferability. Isometric strength only transfers five to ten degrees from where the parameter is trained. That means if your athlete only squats down to 45 degrees, but he or she makes his cuts or jumps on the field at 65 degrees (a difference of 20 degrees), the isometric parameter he or she trained so hard to improve won't transfer. They won't be able to absorb high levels of force at that angle. In order to train the most effectively, find what joint angle(s) your athletes explode from in their sport and make sure that they're trained properly in the weight room.



When performing a resisted Isometric load, the athlete must perform the eccentric portion quickly, pulling the bar down before trying to instantly stop its momentum. One coaching cue is to squeeze their muscles as they hit the isometric contraction. It helps them visualize the physiological action-taking place and increases the speed of the firing rate, helping build intramuscular force more quickly.

To help new athletes learn and understand this concept, have them get into their isometric position without any load placed on them. For example, if you're teaching the back squat, have the athlete's squat down to where they will be performing the isometric contraction during their sets. Once they have squatted down, tell them to squeeze their legs and glutes as hard as they can for several seconds. Once they understand what the isometric contraction should feel like, they can begin their work sets.

**Always finish an isometric focused lift with an explosive, concentric movement!**

## Weekly Training Overview And Breakdown

### **Day 1 & 2 "Medium Intensity" Submaximal Effort:**

When training with submaximal loads at intensities of 75–85% percent, the bar velocity typically can decrease after the first working set (Specifically the 3rd or 4th rep of the first set). If this happens lower the weight or cut the set down by 1 or 2 reps to ensure quality! When the velocity decreases, the quality of work and power decreases, causing the purpose of your training to suffer. When using heavy loads, velocity is the pivotal factor for high power output. It should take 4-8 seconds at most.

When training for strength and power your goal is "Quality not Quantity"! Realizing that the power suffers after the third repetition, the only sensible answer is to end the set and save energy for a high quality second set. If you perform five repetitions with an 80% percent load that you cannot handle, the fourth and fifth repetitions do nothing to effectively train the nervous system. In Fact, those last two repetitions push the nervous system to a mild state of fatigue that inhibits it from performing repetitions in subsequent sets with the same power outputs seen in the first three repetitions of the first set. Keeping the quality of each repetition high ensures that the nervous system is engaged which improves intramuscular coordination.



### **Day 3 & 4 “High Intensity” Maximal Effort:**

On High Intensity day; *“Do Not Apply Eccentric or Isometrics means in the Main Compound Lift (A1)”*. “High Intensity” Maximal Effort is performed with high loads of 90–97% percent of your 1 or 3 Rep Max, lifted with a reactive tempo to stimulate neuromuscular recruitment! To ensure that the quality of workload stimulates the nervous system and promotes positive adaptation through explosive force development, only one rep is performed per work set. The main goal is quality reps at these loads, so instead of performing sets of two or three repetitions, you are to perform multiple sets of singles (Cluster Sets), focusing on exploding through the bar and reaching the highest velocity possible.

## **Explosive Contrast Training**

In this sports performance-training program we use many different types of contrast training to help develop and increase explosive power! This is known as post-activation potentiation “PAP”, it is the enhanced contractile ability of a muscle to generate force with moderate to light loads after performing an exercise consisting of maximal or near maximal loads. The heavy loaded exercise increases the recruitment of high threshold motor units, improving intermuscular and intramuscular coordination, and decreases pre-synaptic inhibition. The combination of these three actions allows for greater force production and power output of the subsequent exercise. In layman's terms, the nervous system goes into overdrive thinking that it's going to lift a heavy load, resulting in an explosive lift of the lighter load!

This positive effect of potentiated training has been estimated to increase maximal power output by 18 percent as compared to work conducted without performing any type of priming exercise. These specialized methods are applied at the beginning of the workout (our Force Velocity Continuum Blocks) when the nervous system is fresh. After the specialized method is used, the nervous system will be slightly fatigued. In this state, supplemental and pre-habilitation exercises can be applied to finish the set/workout.



# The Three Different Explosive Training Methods Used:

**The French Contrast Method** developed by French sports scientist Gilles Cometti, combines two common and effective training methods, complex and contrast training.

**Complexes:** Complexes are proven to increase power. They involve a heavy, compound exercise (more than 80 percent of your one-rep max) like the Squat or Bench Press, followed by a plyometric exercise involving similar muscles and movements, like Squat Jumps or Plyometric Push-Ups!

**Contrasts:** Contrasts are one of the greatest methods to increase maximum strength. They involve a near maximum lift (80 to 97 percent of 1RM), followed by sub-max drop sets, starting at 70 percent of a max and finishing at 50 percent of max.

The key difference between the French contrast method and complex or contrast training is its utilization of the number of methods on the force velocity curve for explosive development. The French contrast method, uses a four-exercise protocol, pushes your physiological response, forcing the utilization of alactic or anaerobic work capacity to increase. Simply put, the French contrast method makes you powerful for longer periods of time, stimulating greater adaptation within the parameter.

To maximize the training time and efficiency, we have built into the program to have pre-habilitation exercises executed during the rest intervals. Due to the extremely taxing nature of the French contrast method, You will need four to five minutes of rest between sets to allow the nervous system to recover and the muscles to replenish energy stores. Inserting pre-habilitation work like this works great because it doesn't physically tax you between sets and shortens the total time required for the workout.

## Maximizing Your Performance Through Recovery!

The Key to Success is Rest! Training hard is rarely the missing piece for progress. The PEP Sports Training Program implements standardized recovery weeks throughout the training phases that are strategically planned to aid in recovery, the vital component that most athletes neglect. Intense exercise causes tons of stress: joint & ligament stress, muscular damage, neural fatigue, and hormone disruption are all factors that must be taken into account when training at a high level.



# Isometrics “Energy Transfer Station”

Schedule Breakdown  
& Training Outline

PHASE 2

DAY 1  
Isometric  
Means  
Applied

**Upper Body  
Athletic Develop  
“Submaximal  
Effort”**

[Click for DAY 1](#)

\*It is advised that Elite Athletes use their 1 RM and Novice Athletes use their 3 RM for their workout percentages!

#### **Workout Schedule:**

1. Workout Length: 1.5 Hours
2. Warm-Up: 15-20 Minutes
3. Pre-Core Activation Development: 10 Minutes
4. Full Body Training: 1 Hour

#### **Pre Core Activation Development Benefits**

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

#### **Submaximal Effort Percentages**

##### **Main Lift (A1) Weekly Progressions:**

(Isometric Holds: 3 to 5 Seconds)

WEEK 5: 78.5% of 1 Rep Max

WEEK 6: 80% of 1 Rep Max

WEEK 7: 82.5% of 1 Rep Max

- Never perform isometrics loads with loads greater than 85% your 1rm
- Always use a spotter and safety bars when performing isometrics
- Always finish an isometric hold with an explosive concentric movement
- Move the bar with aggression, intent and with total body tension!

#### **Upper Body Training Guidelines:**

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5- 2 minutes rest between sets! Complete all sets in that block before moving on to the next block!



DAY 2  
Isometric  
Means  
Applied

**Lower Body  
Athletic Develop  
“Submaximal  
Effort”**

[Click for DAY 2](#)

\*It is advised that Elite Athletes use their 1 RM and Novice Athletes use their 3 RM for their workout percentages!

**Workout Schedule:**

1. Workout Length: 1.5 Hours
2. Warm-Up: 15-20 Minutes
3. Pre-Core Activation Development: 10 Minutes
4. Full Body Training: 1 Hour

**Pre Core Activation Development Benefits**

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

**Submaximal Effort Percentages Main Lift (A1) Weekly Progressions: (Isometric Holds: 3 to 5 Seconds)**

WEEK 5: 78.5% of 1 Rep Max

WEEK 6: 80% of 1 Rep Max

WEEK 7: 82.5% of 1 Rep Max

- Never perform isometrics loads with loads greater then 85% your 1rm
- Always use a spotter and safety bars when performing isometrics
- Always finish an isometric hold with an explosive concentric movement
- Move the bar with aggression, intent and with total body tension!

**Upper Body Training Guidelines:**

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5 - 2 minutes rest between sets! Complete all sets in that block before moving on to the next block!





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**DAY 3**  
**Recovery Day**

**REST -**  
**Full Recovery**

### **Performance Benefits**

Exercising places a tremendous amount of strain on the body! When you exercise, you tear muscle fibers, which the body must repair in order to make you stronger! In order to do this, your body must have time to recover! The body does not grow stronger or build endurance while your exercising! It's the period after your workout when your body makes all of these changes! If you want to see any performance benefits, its "VITAL" to give your body time to repair itself or your performance will not improve! In fact, your performance will likely suffer and plateau, leading to injuries!

[Click for DAY 3](#)

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**DAY 4**  
**High Intensity**  
**Reaction**  
**Means Applied**

**Upper Body**  
**Development**  
**Emphasis**  
**"Maximal Effort"**

\*It is advised that Elite Athletes use their 1 RM for their workout percentages!

### **Workout Schedule:**

1. Workout Length: 1.15 Hours Long
2. Warm-Up: 10-15 Minutes
3. Full Body Training: 1 Hour

### **Pre Core Activation Development Benefits**

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

### **Effort Percentages Main Lift (A1) Weekly Progressions:**

Week 5: 90% of 1 Rep Max (3-4 Reps Total Each Set)

Week 6: 90% of 1 Rep Max (3-4 Reps Total Each Set)

Week 7: 92.5% of 1 Rep Max (2-3 Reps Total Each Set)

- Use cluster sets to maximize performance
- Perform lift with a reactive tempo (as fast as possible) maintaining proper form and depth during each lift!
- Always use a spotter and safety bars when performing heavy lifts!
- Move the bar with aggression, intent and with total body tension!
- Take 20-30 seconds rest between reps (clusters)



### Upper Body Training Guidelines:

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5- 2 minutes rest between sets! Complete all sets in that block before moving on to the next block!

DAY 5  
High Intensity  
Reaction  
Means Applied

**Lower Body  
Development  
Emphasis  
"Maximal Effort"**

\*It is advised that Elite Athletes use their 1 RM for their workout percentages!

### Workout Schedule:

4. Workout Length: 1.15 Hours Long
5. Warm-Up: 10-15 Minutes
6. Full Body Training: 1 Hour

[Click for DAY 5](#)

### Effort Percentages for Main Lift (A1) Weekly Progressions:

WEEK 5: 90% of 1 Rep Max (3-4 Reps Total Each Set)

WEEK 6: 90% of 1 Rep Max (3-4 Reps Total Each Set)

WEEK 7: 92.5% of 1 Rep Max (2-3 Reps Total Each Set)

- Use cluster sets to maximize performance
- Perform lift with a reactive tempo (as fast as possible) maintaining proper form and depth during each lift!
- Always use a spotter and safety bars when performing heavy lifts!
- Move the bar with aggression, intent and with total body tension!
- Take 20-30 seconds rest between reps (clusters)

### Lower Body Training Guidelines:

- Complete in block order (super sets, tri-sets, complexes) with 15-30 seconds rest between exercises
- Follow the exact (sets & reps) with 1.5- 2 minutes rest between sets! Complete all sets in that block before moving on to the next block!



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Saturday  
& Sunday

**REST -  
Full Recovery**

**Performance Benefits**

Exercising places a tremendous amount of strain on the body! When you exercise, you tear muscle fibers, which the body must repair in order to make you stronger! In order to do this, your body must have time to recover! The body does not grow stronger or build endurance while your exercising! It's the period after your workout when your body makes all of these changes! If you want to see any performance benefits, its "VITAL" to give your body time to repair itself or your performance will not improve! In fact, your performance will likely suffer and plateau, leading to injuries!

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**PIERRE'S ELITE  
PERFORMANCE**

PEP SPORTS PERFORMANCE TRAINING PROGRAM

# DAY 1 Phase 2: Isometrics

## “Energy Transfer Station”

[⏪ Back to Schedule](#)

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	<b>Band Resisted Dead Bugs</b>  <a href="#">Click for Demo</a>	1	3-5x Per Side	<ul style="list-style-type: none"><li>• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds)</li><li>• Exhale Out As Leg Extends Out (Should Take 5 Seconds)</li><li>• Keep Tension On The Band</li></ul>	<ul style="list-style-type: none"><li>• Strengthens Deep Core Transverse Abdominals</li><li>• Improves Diaphragmatic Breathing, Learning To Synergistically Breath &amp; Brace With Load</li></ul>
A2	<b>Elevated Swiss Ball Sprinter Knee Switch</b>  <a href="#">Click for Demo</a>	1	6-8x Per Side	<ul style="list-style-type: none"><li>• Keep Shoulders &amp; Hands Aligned Over Ball</li><li>• Squeeze Glutes And Hamstrings Tight</li></ul>	<ul style="list-style-type: none"><li>• Increases Functional Strength</li><li>• Increases Shoulder &amp; Core Stability/ Stabilization</li></ul>
A3	<b>Band Sprinter SL RDL to Row</b>  <a href="#">Click for Demo</a>	1	8-10x Per Side	<ul style="list-style-type: none"><li>• Keep Chest Up And Don't Over Reach</li><li>• Pull Towards Hip And Stand Tall</li></ul>	<ul style="list-style-type: none"><li>• Develop Powerful Hips &amp; Glutes To Maximize Jumping And Sprinting</li><li>• Increase Flexibility In The Hamstrings</li></ul>
A4	<b>Incline Bench Prone Cobra Raise</b>  <a href="#">Click for Demo</a>	1	8-10x	<ul style="list-style-type: none"><li>• Initiate Movement With Scapula Retraction</li><li>• Lead With Elbows To The Ceiling</li><li>• Control Full Range Of Movement</li></ul>	<ul style="list-style-type: none"><li>• Develop Shoulder Stabilization &amp; Upper Back Strength</li><li>• Develops Greater Shoulder Control</li></ul>



Force Velocity Continuum (Submaximal Effort)	Maximal Strength	Strength-Speed	Speed-Strength	High Velocity (Speed)
Exercise Order	A1	A2	A3	A4
Exercise Choice	<b>Barbell Bench Press</b> <a href="#">Click for Demo</a>	<b>Med Ball Explosive Chest Pass</b> <a href="#">Click for Demo</a>	<b>Speed Bench Press</b> <a href="#">Click for Demo</a>	<b>Band Assisted Push-Ups</b> <a href="#">Click for Demo</a>
Sets	4 Sets	4 Sets	4 Sets	4 Sets
Reps	4-5 Reps	5 Reps	5 Reps	5 Reps
Load	Medium intensity Week 5: 78.5% 1RM Week 6: 80% 1RM Week 7: 82.5% 1RM	"Reactive"	Use 30-40% of A1	Band Assisted "Reactive" Push-Ups
Tempo	3-5 Second Isometric Pause Just Above Chest	Fast & Reactive (Two Hand Pass From Chest)	Fast & Reactive	Fast & Reactive
Range of motion	Full Range Of Motion	Full Range Of Motion	Full Range Of Motion	Full Range Of Motion



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**Coaching points**

- |   |  |  |   |
|---|--|--|---|
| <ul style="list-style-type: none"><li>• Lower Bar With Control</li><li>• Squeeze Glutes And Drive Feet Down Into The Ground</li><li>• Retract And Lock Upper Back</li></ul> | <ul style="list-style-type: none"><li>• Quick &amp; Reactive Throw From The Midline Of The Chest</li><li>• Be Aggressive/ Finish Through The Fingers</li></ul> | <ul style="list-style-type: none"><li>• Explosive From The Bottom</li><li>• Squeeze Glutes And Drive Feet Down Into The Ground</li><li>• Retract And Lock Upper Back</li></ul> | <ul style="list-style-type: none"><li>• Quick Ground Contact</li><li>• Finish Through The Fingertips</li><li>• Explode Off The Ground</li><li>• Be Aggressive/ Push Ground Away</li></ul> |
|---|--|--|---|

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**Performance benefits**

- |   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"><li>• Develop Upper Body Strength And Power</li><li>• Increase Force &amp; Power Production</li><li>• Increases Functional Strength</li></ul> | <ul style="list-style-type: none"><li>• Explosives Power</li><li>• Increase Fast Twitch Muscle Fibers</li><li>• Increase Power Production</li></ul> | <ul style="list-style-type: none"><li>• Increase Reversal Speed</li><li>• Increase Power And Explosive Output</li><li>• Increases Functional Strength</li></ul> | <ul style="list-style-type: none"><li>• Decrease Ground Reaction Time</li><li>• Increase Fast Twitch Muscle Fibers</li><li>• Increase Power Production</li><li>• Increases Functional Strength</li></ul> |
|---|---|---|--|

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**NOTES:**

1. Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set
2. During the rest period after A4 is complete, perform [foot arch strengthening](#) x 10-20 reps per side



Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
<b>BLOCK 1</b>					
B1	<b>Explosive Sprinter First Step Snatch</b>  <a href="#">Click for Demo</a>	3	6-8x Per Side	<ul style="list-style-type: none"> <li>• Think About Crushing A Coke Can On The Box</li> <li>• Be Aggressive And Explosive</li> </ul>	<ul style="list-style-type: none"> <li>• Develop First Step Explosiveness</li> <li>• Increases Functional Strength &amp; Coordination</li> <li>• Increases Shoulder Stability &amp; Stabilization</li> </ul>
B2	<b>Split Stance Switch Band Row</b>  <a href="#">Click for Demo</a>	3	6-8 Per Side	<ul style="list-style-type: none"> <li>• Be Explosive</li> <li>• Fully Lock Out Arm</li> <li>• Use Hips</li> </ul>	<ul style="list-style-type: none"> <li>• Increases Force Production</li> <li>• Increase Reactive Ability</li> </ul>
B3	<b>Med Ball Russian Twist &amp; Throw</b>  <a href="#">Click for Demo</a>	3	8-10x Per Side	<ul style="list-style-type: none"> <li>• Don't Over Extend- Keep Rip Cage Tight</li> <li>• Keep Feet Of The Ground</li> <li>• Touch The Ball To The Ground</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Rotational Strength In The Side Oblique's</li> <li>• Increase Functional Strength And Stabilization In The Core</li> </ul>



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## BLOCK 2

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C1	<b>Band Single Arm Floor Press with ISO Sprinter Knee Drive</b>  <a href="#">Click for Demo</a>	3	8-10x Pre Side	<ul style="list-style-type: none"><li>• Keep Tension On The Band-Pulled Towards You (Arm And Leg)</li><li>• Control The Lowering Of The Weight So You Don't Hurt Your Elbow</li></ul>	<ul style="list-style-type: none"><li>• Increase Upper Body Strength</li><li>• Improves Hip Flexor</li><li>• Stabilizes Core &amp; Hips</li><li>• Strengthens Hip Complex</li></ul>
C2	<b>Elevated Suspension Sprinter Row</b>  <a href="#">Click for Demo</a>	3	10x	<ul style="list-style-type: none"><li>• Keep Straight Line Between Ears Down To The Ankle</li><li>• Make Sure The Glutes And Core Are Squeeze</li><li>• Drive Knee To Chest</li></ul>	<ul style="list-style-type: none"><li>• Develops Strong Lats For Sprinting</li><li>• Strengthen Hip Control (Hip Flexor)</li><li>• Improves Stabilization In The Core</li></ul>

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## BLOCK 3

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D1	<b>DB Push-Up to T-Rotation Press</b>  <a href="#">Click for Demo</a>	3	5x Per Side	<ul style="list-style-type: none"><li>• Keep Wrist &amp; Shoulders Aligned With Dumbbells</li><li>• Rotate And Look Into The Bell And Hold For 1 Second</li></ul>	<ul style="list-style-type: none"><li>• Develops Tremendous Functional Upper Body Strength</li><li>• Helps Integrate The Core And Upper Body</li></ul>
D2	<b>Suspension Side Isolation Bicep Curl</b>  <a href="#">Click for Demo</a>	3	10-15x	<ul style="list-style-type: none"><li>• Keep Wrist Straight</li><li>• Keep Body In A Straight Line And Finish With Full Extension</li></ul>	<ul style="list-style-type: none"><li>• Increases Grip And Forearm Strength</li><li>• Increases Functional Core Strength</li></ul>

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### NOTES:

3. Take 1.5 Minutes rest between sets to fully recover!
4. Make sure to foam roll & stretch when finished the workout to speed up recovery!





# DAY 2 Phase 2: Isometrics

## “Energy Transfer Station”

[⏪ Back to Schedule](#)

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	<p><b>Wall Push Dead Bug</b></p> <p><a href="#">Click for Demo</a></p>	1	3-5x Per Side	<ul style="list-style-type: none"> <li>• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds)</li> <li>• Exhale Out As Leg Extends Out (Should Take 5 Seconds)</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthens Deep Core Transverse Abdominals</li> <li>• Improves Diaphragmatic Breathing, Learning To Synergistically Breath &amp; Brace With Load</li> </ul>
A2	<p><b>Squat Protocol #1</b></p> <p><a href="#">Click for Demo</a></p>	1	10-12x Per Side	<ul style="list-style-type: none"> <li>• Don't Round Back</li> <li>• Keep Chest Up</li> <li>• Maintain Good Posture Throughout Movement</li> </ul>	<ul style="list-style-type: none"> <li>• Increases Mobility Which Can Significantly Improve Your Athleticism And Reduce Injuries</li> </ul>
A3	<p><b>Mini Band Side Plank Glute Abduction</b></p> <p><a href="#">Click for Demo</a></p>	3	10x Per Side	<ul style="list-style-type: none"> <li>• Keep Body In A Straight Line</li> <li>• Don't Let Hips Drop When Top Leg Lifts</li> </ul>	<ul style="list-style-type: none"> <li>• Increases Hip, Core And Low Back Strength</li> <li>• Develops Lower Body Power</li> </ul>
A4	<p><b>Mini Band Snap Down Jump</b></p> <p><a href="#">Click for Demo</a></p>	1	8-10x Per Side	<ul style="list-style-type: none"> <li>• Keep Chest Up</li> <li>• Don't Let Knees Cave In (Valgus)</li> <li>• Keep Tension Against The Bands</li> <li>• Align Feet Under Hips</li> <li>• Start Long &amp; Tall On Balls Of Feet</li> <li>• Snap Arms Down Quick</li> </ul>	<ul style="list-style-type: none"> <li>• Improves Deceleration</li> <li>• Improves Landing &amp; Proper Posture</li> <li>• Allows For Greater Reaction</li> </ul>



Force Velocity  
Continuum  
(Submaximal  
Effort)

Maximal Strength

Strength-Speed

Speed-Strength

High  
Velocity  
(Speed)

Exercise Order

A1

A2

A3

A4

Exercise Choice  
(pick your variation)

**Back Squat**  
[Click for Demo](#)

**Hurdle  
Jump To  
Shuffle**

**Db Acceleration  
Staggered Stance  
Squat Jumps**

**10 Yard  
Sprint**

**Front Squat**  
[Click for Demo](#)

[Click for Demo](#)

[Click for Demo](#)

[Click for Demo](#)

**Trap Bar Deadlift**  
[Click For Demo](#)

Sets

4 Sets

4 Sets

4 Sets

4 Sets

Reps

4-5 Reps

4 Reps

4 Reps

4 Reps

Load

Medium Intensity  
Week 5: 78.5% 1RM  
Week 6: 80% 1RM  
Week 7: 82.5% 1RM

Bodyweight  
"Reactive"

Use 30-40%  
Of A1

Band Assisted  
"Reactive"  
Jumps

Tempo

3-5 Second  
Isometric Hold

Fast (Quick  
Ground Contact)

Fast (From  
Low Position)

Fast (Quarter  
Squat Position)



Range of motion	Sports Specific Or Just Below 90 Degrees	Sports Specific	(Deep Position) Low Jumps	Sports Specific
<b>Coaching points</b>	<ul style="list-style-type: none"> <li>• Brace Core-Control The Lowering</li> <li>• Blast Up</li> </ul>	<ul style="list-style-type: none"> <li>• Quick Ground Contact</li> <li>• Explode Off The Ground</li> <li>• Be Aggressive/ Push Ground Away</li> </ul>	<ul style="list-style-type: none"> <li>• Explosive From The Bottom</li> <li>• Get Long And Tall</li> <li>• Be Aggressive/ Push Ground Away</li> </ul>	<ul style="list-style-type: none"> <li>• Quick Ground Contact</li> <li>• Explode Off The Ground</li> <li>• Be Aggressive/ Push Ground Away</li> </ul>
<b>Performance benefits</b>	<ul style="list-style-type: none"> <li>• Develop Lower Body Strength And Power</li> <li>• Increase Power Production = Jump Higher</li> </ul>	<ul style="list-style-type: none"> <li>• Increase Ground Reaction</li> <li>• Increase Fast Twitch Muscle Fibers</li> <li>• Increase Lateral Movement</li> </ul>	<ul style="list-style-type: none"> <li>• Increase Acceleration</li> <li>• Increase Power And Explosive Output</li> <li>• Developing Greater Range Of Motion And Lower Body Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Increase Ground Reaction</li> <li>• Increase Acceleration</li> <li>• Increase Fast Twitch Muscle Fibers</li> </ul>

**NOTES:**

1. Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set
2. During the rest period perform [upper body external rotation](#) x 8 reps per side



Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
<b>BLOCK 1</b>					
B1	<b>Single Arm Lateral Sprinter Side Lunge to Clean</b>  <a href="#">Click for Demo</a>	3	6-8x Per Side	<ul style="list-style-type: none"> <li>• Drop DB Inside Leg With Great Control During Lowering Phase</li> <li>• Explode Out Of Bottom With Control And Maintain Balance Before Pressing</li> </ul>	<ul style="list-style-type: none"> <li>• Increases Groin Functional Strength</li> <li>• Increases Single Leg/ Shoulder Stability &amp; Stabilization</li> <li>• Develops A Tremendous Amount Of Balance, Stability And Power</li> </ul>
B2	<b>Explosive Sprinter Lateral Push-Step</b>  <a href="#">Click for Demo</a>	3	5x Per Side	<ul style="list-style-type: none"> <li>• Quick Ground Contact</li> <li>• Explode Off The Ground</li> <li>• Be Aggressive/Push Ground Away</li> </ul>	<ul style="list-style-type: none"> <li>• Increases Force Production</li> <li>• Increase Reactive Ability</li> </ul>
B3	<b>Barbell Landmine Roll To Side Rollouts</b>  <a href="#">Click for Demo</a>	3	8-10x Per Side	<ul style="list-style-type: none"> <li>• Brace Core And Make Sure To Have A Straight Line From Ears To Hips</li> <li>• Don't Dip Or Sway Hips</li> <li>• To Make It Harder Put The Feet Closer Together</li> </ul>	<ul style="list-style-type: none"> <li>• Teaches The Body How To Brace Under Load</li> <li>• Improves &amp; Stabilizes Hips And Torso</li> <li>• Strengthens Deep Core Transverse Abdominals</li> </ul>



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## BLOCK 2

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C1	<b>Single Arm Sprinter RDL to Lunge Walks</b>  <a href="#">Click for Demo</a>	6 Per Side		<ul style="list-style-type: none"><li>• Hip Hinge (Hips Back And Lead With Chest)</li><li>• Keep Foot Glued To The Floor And Stand Tall Each Time When Pulling Towards Body</li></ul>	<ul style="list-style-type: none"><li>• Activates &amp; Increases Glute Complex Firing</li><li>• Stabilizes Pelvis And Will Reduce Stress From Low Back Due To Greater Glute Engagement</li></ul>
C2	<b>DB Sprinter Single Arm Row (Or Band Resisted)</b>  <a href="#">Click for Demo</a>	3	8-10x	<ul style="list-style-type: none"><li>• 2 Second Lowering &amp; Pause</li><li>• Keep Core Engaged</li><li>• Keep Slight Knee Bend</li><li>• Make Sure Shoulders Stay Aligned</li></ul>	<ul style="list-style-type: none"><li>• Improves Posture And Hip, Core Stability</li><li>• Develops Strong Lats For Sprinting</li><li>• Increases Hip Flexor</li></ul>

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## BLOCK 3

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D1	<b>Side Plank Adductor Hold with Sprinter Knee Drive</b>  <a href="#">Click for Demo</a>	3	10-15 Second Squeeze	<ul style="list-style-type: none"><li>• Keep Body In A Straight Line</li><li>• Keep Foot In Dorsiflexion</li><li>• Drive Knee To Chest</li></ul>	<ul style="list-style-type: none"><li>• Increases Side Oblique &amp; Groin Strength</li><li>• Increases Hip Flexor &amp; Core Strength</li></ul>
D2	<b>Mini Band Core Sprinter Sit-Ups</b>  <a href="#">Click for Demo</a>	3	8-10x Per Side	<ul style="list-style-type: none"><li>• Lead With Chest</li><li>• Opposite Arm-Opposite Leg</li><li>• Fast Off The Ground</li></ul>	<ul style="list-style-type: none"><li>• Strengthen Deep Core</li><li>• Improves Core Stability &amp; Takes Stress Off The Back</li><li>• Stabilizes Hips And Torso</li><li>• Strengthens Hip Flexors</li></ul>

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### NOTES:

3. Take 1.5 Minutes rest between sets to fully recover!
4. Make sure to foam roll & stretch when finished the workout to speed up recovery!



# DAY 3 Phase 2: Eccentrics “Energy Transfer Station”

[⏪ Back to Schedule](#)

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	<b>Band Resisted Dead Bugs</b>  <a href="#">Click for Demo</a>	1	3-5x Per Side	<ul style="list-style-type: none"><li>• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds)</li><li>• Exhale Out As Leg Extends Out (Should Take 5 Seconds)</li></ul>	<ul style="list-style-type: none"><li>• Strengthens Deep Core Transverse Abdominals</li><li>• Improves Diaphragmatic Breathing, Learning To Synergistically Breath &amp; Brace With Load</li></ul>
A2	<b>Mini Band Push-Up Around the World</b>  <a href="#">Click for Demo</a>	1	6-8x Per Side	<ul style="list-style-type: none"><li>• Keep Tension On Band</li><li>• Keep Core Engaged, Ribcage Down, Hips Tucked Under</li><li>• Don't Dip Or Sway Hips</li></ul>	<ul style="list-style-type: none"><li>• Develops Tremendous Upper Body Strength</li><li>• Helps Integrate The Core And Upper Body</li><li>• Increases Shoulder Stability &amp; Stabilization</li></ul>
A3	<b>Incline Bench Prone Cobra Raise &amp; Press</b>  <a href="#">Click for Demo</a>	1	8-10x Per Side	<ul style="list-style-type: none"><li>• Initiate Movement With Scapula Retraction</li><li>• Lead With Elbows To The Ceiling</li><li>• Control Full Range Of Movement</li><li>• Press And Align Biceps To Ears</li></ul>	<ul style="list-style-type: none"><li>• Develop Shoulder Stabilization &amp; Upper Back Strength</li><li>• Develops Greater Shoulder Control</li></ul>



Force Velocity  
Continuum  
(Maximal Effort)

Maximal Strength

Strength-Speed

Exercise order

A1

A2

Exercise Choice

**Barbell bench  
Press**

[Click for Demo](#)

**Med Ball  
Explosive  
Chest Pass**

[Click for Demo](#)

Sets

4 Sets

4 Sets

Reps

Cluster 1 Rep  
(Rest 20-30 Seconds)  
Between Reps

5 Reps

Load

High Intensity Week 5  
Week 1: 90% = 3-4 Reps  
Week 2: 92% = 2-3 Reps  
Week 3: 95% = 2 Reps

Bodyweight  
"Reactive"

Tempo

Fast Reactive  
As Fast As Possible  
With Control

Fast (Quick  
Ground Contact)

Range of motion

All The Way Down

Sports Specific



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**Coaching  
points**

- Be Reactive/Fast Concentric
- Try And Break The Bar
- Total Body Tension
- Drive Feet Into The Ground
- Be Explosive
- Fully Lock Out Arm
- Be Aggressive

---

**Performance  
benefits**

- Increases Functional Strength
- Increases Force Production
- Increase Fast Twitch Muscle Fibers
- Increases Force Production
- Increase Reactive Ability

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**NOTES:**

1. Take 20-30 seconds rest between each exercise (A1 & A2) & 4-5 minutes rest between each set
2. During the rest period perform lower body stretches or roll out





Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
<b>BLOCK 1</b>					
B1	<b>Barbell Sprinter Press (One Leg Switch)</b>  <a href="#">Click for Demo</a>	3	5x Per Side	<ul style="list-style-type: none"> <li>• Be Reactive/Fast Concentric</li> <li>• Total Body Tension</li> <li>• Drive Feet Into The Ground</li> <li>• Explode Bar Overhead</li> </ul>	<ul style="list-style-type: none"> <li>• Improve Core And Hip Complex For Added Stabilization And Stability</li> <li>• Develop Explosive Overhead Arm Speed</li> <li>• Develops Coordination</li> </ul>
B2	<b>Bent Over Barbell Row</b>  <a href="#">Click for Demo</a>	3	8-10x	<ul style="list-style-type: none"> <li>• 2 Second Lowering/Eccentric</li> <li>• Keep Core Engaged</li> <li>• Keep Slight Knee Bend</li> <li>• Make Sure Shoulders Stay Aligned And Row To Belly Button</li> </ul>	<ul style="list-style-type: none"> <li>• Improves Posture And Hip, Core Stability</li> <li>• Develops Strong Lats For Sprinting</li> </ul>
B3	<b>Isometric Pull-Ups</b>  <a href="#">Click for Demo</a>	3	5x	<ul style="list-style-type: none"> <li>• 5 Second Isometric</li> <li>• Engage Core And Squeeze Glutes (Body Hollow Position)</li> </ul>	<ul style="list-style-type: none"> <li>• Develops Stronger Upper Back And Grip Strength</li> <li>• Helps Create Faster Arm Action When Sprinting</li> </ul>

## BLOCK 2

C1	<b>Single Arm Stabilization Push-Up</b>  <a href="#">Click for Demo</a>	3	6-8x Per Side	<ul style="list-style-type: none"> <li>• Hold Hand On Shoulder For 2 Seconds</li> <li>• Have A Wide Base With Legs</li> <li>• Align Shoulders With Hand</li> </ul>	<ul style="list-style-type: none"> <li>• Develops Build Tremendous Functional Upper Body Strength</li> <li>• Increases Functional Strength</li> <li>• Increases Shoulder Stability &amp; Stabilization</li> </ul>
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C2	<b>Suspension Single Arm Row</b>  <a href="#">Click for Demo</a>	3	6-8x Per Side	<ul style="list-style-type: none"> <li>• Control Lowering</li> <li>• Pause At Top For 1 Second</li> <li>• Keep Body In Straight Alignment</li> <li>• Engage Core, Squeeze Glutes And Hamstrings</li> </ul>	<ul style="list-style-type: none"> <li>• Improves Posture And Spine Stability</li> <li>• Develops Strong Lower Back And Core</li> <li>• Increases Shoulder &amp; Scapula Strength</li> </ul>
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### BLOCK 3

D1	<b>Bicep Complex #1</b>  <a href="#">Click for Demo</a>	2-3	50x (5x10)	<ul style="list-style-type: none"> <li>• Keep Chest Up And Don't Round Your Back</li> <li>• Fully Extend Your Arms</li> </ul>	<ul style="list-style-type: none"> <li>• Improves Pulling Motion</li> <li>• Improves Throwing Motion</li> </ul>
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D2	<b>Tricep Complex #1</b>  <a href="#">Click for Demo</a>	2-3	80x 4x20	<ul style="list-style-type: none"> <li>• Fully Lock Out Arm</li> <li>• Keep Wrist Neutral</li> </ul>	<ul style="list-style-type: none"> <li>• Helps Stabilize The Shoulder Joint At The Top Of The Humerus</li> </ul>
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### BLOCK 4

E1	<b>Zig Zag Farmers Carries Circuit</b>  <a href="#">Click for Demo</a>	2-3	10-15 Yards	<ul style="list-style-type: none"> <li>• Stand Tall &amp; Keep Chest Up</li> <li>• Don't Round Back And Keep Shoulders Packed</li> <li>• Grip With Thumb All The Way Around The Bell</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Stronger Forearms And Wrist Strength</li> <li>• Create Crazy Grip Strength</li> </ul>
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#### NOTES:

3. Take 1.5 Minutes rest between sets to fully recover!
4. Make sure to foam roll & stretch when finished the workout to speed up recovery!



# DAY 4 Phase 2: Isometrics

## “Energy Transfer Station”

[⏪ Back to Schedule](#)

Order	Pre Core Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	<b>Wall Push Dead Bug</b>  <a href="#">Click for Demo</a>	1	3-5x Per Side	<ul style="list-style-type: none"><li>• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds)</li><li>• Exhale Out As Leg Extends Out (Should Take 5 Seconds)</li></ul>	<ul style="list-style-type: none"><li>• Strengthens Deep Core Transverse Abdominals</li><li>• Improves Diaphragmatic Breathing, Learning To Synergistically Breath &amp; Brace With Load</li></ul>
A2	<b>Squat Protocol #1</b>  <a href="#">Click for Demo</a>	1	10-12x Per Side	<ul style="list-style-type: none"><li>• Don't Round Back</li><li>• Keep Chest Up</li><li>• Maintain Good Posture Throughout Movement</li></ul>	<ul style="list-style-type: none"><li>• Increases Mobility Which Can Significantly Improve Your Athleticism And Reduce Injuries</li></ul>
A3	<b>Mini Band Lateral Walks</b>  <a href="#">Click for Demo</a>	1	10 Yards	<ul style="list-style-type: none"><li>• Keep Tension On Bands</li><li>• Don't Let Knees Cave In (Valgus)</li><li>• Keep Feet Pointed Straight</li><li>• Keep Feet Hip Distance</li></ul>	<ul style="list-style-type: none"><li>• Glutes Engage</li><li>• Stabilizes Hips And Knees</li></ul>
A4	<b>Band Resisted Snap Down Jump</b>  <a href="#">Click for Demo</a>	1	12x Per Side	<ul style="list-style-type: none"><li>• Maintain Resistance Against Bands</li><li>• Raise Up Onto Toes And Snap Down Fast</li><li>• Keep Proper Posture</li><li>• Don't Let Knees Cave</li></ul>	<ul style="list-style-type: none"><li>• Stabilizes Hips And Torso</li><li>• Improves Deceleration</li><li>• Strengthen Core</li></ul>



Force Velocity  
Continuum  
(Maximal Effort)

Maximal Strength

Strength-Speed

Exercise Order

A1

A2

Exercise Choice  
(Pick your variation)

**Back Squat**  
[Click for Demo](#)

**Reactive  
Drop Jump**

**Front Squat**  
[Click for Demo](#)

[Click for Demo](#)

**Trap Bar Deadlift**  
[Click For Demo](#)

Sets

4 Sets

4 Sets

Reps

Cluster 1 Rep  
(Rest 20-30 Seconds)  
Between Reps

3 Reps

Load

High Intensity Week 5  
Week 1: 90% = 3-4 Reps  
Week 2: 92% = 2-3 Reps  
Week 3: 95% = 2 Reps

Bodyweight "Reactive"

Tempo

Fast And Reactive

Fast (Quick Ground Contact)



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**Range  
of motion**

Sports Specific Or Just  
Below 90 Degrees

Sports Specific

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**Coaching  
points**

- Brace Core-Control  
The Lowering
- Blast Up

- Quick Ground Contact
  - Explode Off The Ground
  - Be Aggressive/Push  
Ground Away
- 

**Performance  
benefits**

- Develop Lower Body  
Strength And Power
- Increase Power Production =  
Jump Higher

- Increase Ground Reaction
  - Increase Fast Twitch  
Muscle Fibers
  - Increase Power Production
- 



**PIERRE'S ELITE  
PERFORMANCE**

PEP SPORTS PERFORMANCE TRAINING PROGRAM

Order	Accessory Lifts	Sets	Reps	Coaching Points	Performance Benefits
<b>BLOCK 1</b>					
B1	<b>SL Elevated Hip Thrust</b>  <a href="#">Click for Demo</a>	3	6-8x	<ul style="list-style-type: none"> <li>• 5 Second Hold/Isometric Pause At Top</li> <li>• Lower With Control &amp; Keep Core Engaged</li> <li>• Tuck Your Chin And Look Straight Ahead At Top- Follow Bar Back Down With Eyes &amp; Body</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Glute &amp; Hamstring Strength To Maximize Speed &amp; Acceleration</li> <li>• Improve Core And Hip Complex For Added Stabilization And Stability</li> <li>• Develops Lower Back Strength And Spine Stability</li> </ul>
B2	<b>GHD</b>  <a href="#">Click for Demo</a>	3	5x	<ul style="list-style-type: none"> <li>• Make Sure To Keep Straight Line Between Ears Down To Hip</li> <li>• Don't Bend At The Waist</li> <li>• Initiate Movement By Bending Knees "Not Waist"</li> <li>• Go Down As Far As You Can With Good Form Then Pull Back Up</li> </ul>	<ul style="list-style-type: none"> <li>• Bullet Proof Hamstring &amp; Glutes To Maximize Jumping And Sprinting</li> <li>• Increase Flexibility In The Hamstrings</li> </ul>
B3	<b>DB Bulgarian Split Squat (Heavy)</b>  <a href="#">Click for Demo</a>	3	8x Per Side	<ul style="list-style-type: none"> <li>• 2 Second Lowering</li> <li>• Make Sure To Keep Foot Flat On The Ground</li> <li>• Sit Hips Back Slow &amp; Drop Back Knee To The Ground</li> <li>• Keep Chest Up &amp; Core Engaged</li> </ul>	<ul style="list-style-type: none"> <li>• Most Sports Are Played On A Single Leg</li> <li>• Develops A Tremendous Amount Balance, Stability And Power</li> </ul>



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## BLOCK 2

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C1	<b>Kettlebell Swing</b>  <a href="#">Click for Demo</a>	3	20x	<ul style="list-style-type: none"><li>• Hip Hinge To Pick -Up Bell! Knees Inline With Ankles, Shoulder Above Hips</li><li>• Maintain Neutral Back</li></ul>	<ul style="list-style-type: none"><li>• Increased Power Production</li><li>• Increased Muscular Endurance</li></ul>
C2	<b>Pallof Press Alphabet</b>  <a href="#">Click for Demo</a>	2	Write Alphabet	<ul style="list-style-type: none"><li>• Keep Core &amp; Glutes Engaged</li><li>• Lock Out Arms &amp; Keep In Front Of Body</li></ul>	<ul style="list-style-type: none"><li>• Improves Core Stability</li><li>• Strengthens Deep Core Transverse Abdominals</li></ul>

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## BLOCK 3

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D1	<b>Single Leg Balance Pad Alphabet</b>  <a href="#">Click for Demo</a>	1	Write Alphabet	<ul style="list-style-type: none"><li>• Place Foot In Middle Of Pad</li><li>• Have A Slight Bend With The Leg On The Pad And Place Hands On Hips</li><li>• Make Sure The Off Leg Which Is Writing The Alphabet Is Fully Moving Through The Full Hip</li></ul>	<ul style="list-style-type: none"><li>• Develops Ankle, Knee, Hip Stabilization</li><li>• Increases Body Control And Awareness</li><li>• Creates Hip Flexor Strength</li></ul>
D2	<b>Stair Calf Raises 1-15</b>  <a href="#">Click for Demo</a>	1	1-15	<ul style="list-style-type: none"><li>• 2 Second Lowering</li><li>• Raise Up As High As You Can Go</li><li>• Drop Heel Low</li></ul>	<ul style="list-style-type: none"><li>• Increases Power &amp; Stabilization For Jumping And Sprinting</li><li>• Helps Reduce Injuries</li></ul>

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### NOTES:

1. Take 20-30 seconds rest between each exercise (A1 through A4) & 4-5 minutes rest between each set
2. During the rest period perform [upper body external rotation](#) x 8 reps per side

