Power: How fast you can move weight. These will have a quicker component to it. Slow controlled eccentric phase and then a faster concentric phase. For example: Squat: slow, controlled descent-->quick ascent to standing, but still under control.

Warm-up

1. Foam Rolling/Release	Calves, Hamstrings, Glutes, Thoracic Ext, ITB, Quads, Adductors
2. Movement/Activation	Banded hip series (Resisted Hip ABD Walks, Fwd/Bk Monster walks), Wall Sits 3x1 min holds
3. Dynamic warm-up	Quad pulls, Hamstring scoops, Adductor side lunge, Knee to chest, Reverse lunge w/ arm raise, Hip openers, Reverse drinking bird

Day 1:				Desired load: 75-85% 1 RM											
Exercise	**Sets/Reps**	**Rest time**		**Week 1**		**Week 2**		**Week 3**		**Week 4**		**Week 5**		**Week 6**	
				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats	**3-5 x 3-5 reps**	**2-5 min**	Set1												
			Set2												
			Set3												
			Set 4												
Deadlift	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Hip Thrusters	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Weighted Fwd Step Ups to Jump	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Leg/Knee Extension	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Hamstring Curls	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Lateral Lunge	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												

Day 2:				Desired load: 75-85% 1 RM											
Exercise	**Sets/Reps**	**Rest time**		**Week 1**		**Week 2**		**Week 3**		**Week 4**		**Week 5**		**Week 6**	
				Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Front Squats	**3-5 x 3-5 reps**	**2-5 min**	Set1												
			Set2												
			Set3												
			Set 4												
Single Leg RDL	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Single Leg Sit to Stands/Squats	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Weighted Lateral Step Ups to Jump	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Leg/Knee Extension	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												
Hamstring Curls	**3-5 x 3-5 reps**	**2-5 min**	Set 1												
			Set 2												
			Set 3												
			Set 4												