

TEAM NOTE

ATHLETE NOTE

KEY

BB	Barbell	MB	Medicine Ball	x	Total Reps
DB	Dumbbell	SB	Stability Ball	e	Reps Each Side
BW	Body Weight	—	Your Choice	s	Seconds

1

BW Box Jump



WT.	REP	REST
BW	5	90s
BW	5	90s
BW	5	90s
BW	5	90s

Coaching Points

- Explode off the ground
- Extension through ankles/knees/hips
- Throw arms upward with double-uppercut
- Land in athletic position with knees and hips bent, spine neutral
- Step feet down off box one at a time

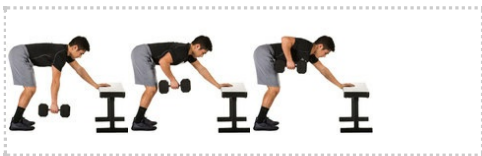
2

A: DB Goblet Squat



WT.	REP	REST
60	10	120s
65	10	120s
75	8	120s
80	8-10	120s

B: DB One-Arm Row



WT.	REP	REST
50	10	60s
55	10	60s
60	8	60s
60	8-10	60s

3

A: DB Lunge



WT.	REP	REST
45	8	60s
50	8	60s
55	8	60s
55	8	60s

B: Cable Seated Row (Parallel)



WT.	REP	REST
	12	60s
	12	60s
	12	60s
	12-15	60s

4

A: DB Shrug



WT.	REP	REST
70	12	30s
70	12	30s
70	12-15	30s

B: DB Front Raise (Parallel)



WT.	REP	REST
20	12	30s
20	12	30s
20	12-15	30s

5

Band Half-Kneeling Anti-Rotation



Coaching Points

- Half-kneeling position, knee on ground, leg farthest from band forward
- Band at kneeling shoulder-height
- Lock core, keep spine braced and neutral
- Do not allow body to twist

WT.	REP	REST
Band	30-45	60s
Band	30-45	60s
Band	30-45	60s
Band	30-45	60s

John
Doe

GREG DIRENZO PERFORMANCE TR..

Hypertrophy , Block 1 of 12 , week of 7/11/21 , Day 2
Program Modifiers: Replacing Elevated Hip Extension, Band Tricep...

TEAM NOTE

ATHLETE NOTE

KEY

BB	Barbell	MB	Medicine Ball	x	Total Reps
DB	Dumbbell	SB	Stability Ball	e	Reps Each Side
BW	Body Weight	—	Your Choice	s	Seconds

1 BW Split Jump



Coaching Points

- Begin in deep lunge position
- Explode off ground, switching legs in mid-air
- Throw arms upward with double-uppercut
- Land with both feet simultaneously in lunge position
- Pause between reps to reset form

WT.	REP	REST
BW	5	90s
BW	5	90s
BW	5	90s
BW	5	90s

2 A: DB Bench Press [Parallel]



WT.	REP	REST		WT.	REP	REST
55	10	120s	→	80	10	30s
55	10	120s	→	90	10	30s
55	10	120s	→	100	8	30s
55	10-12	120s	→	105	8-10	30s

B: BB Hip Thrust



WT.	REP	REST
80	10	30s
90	10	30s
100	8	30s
105	8-10	30s

3

A: DB Incline Bench Press



WT.	REP	REST		WT.	REP	REST
45	10	60s	→	45	10	60s
50	10	60s	→	50	10	60s
55	8	60s	→	55	8	60s
60	8-10	60s	→	60	8-10	60s

B: DB RDL + Shrug



4

A: Flutter Kick



WT.	REP	REST		WT.	REP	REST
BW	20-30	30s	→	Band	12-15	30s
BW	20-30	30s	→	Band	12-15	30s
BW	20-30	30s	→	Band	12-15	30s
			→	Band	12-15	30s

B: Band One-Arm Overhead Triceps Extension



2

5

Band Lying External Rotation



Coaching Points

- Keep elbow pinned to side
- Arm bent at 90 degrees
- Isolate movement at the shoulder

WT.	REP	REST
Band	15-20	60s
Band	15-20	60s
Band	15-20	60s

TEAM NOTE

ATHLETE NOTE

KEY

BB	Barbell	MB	Medicine Ball	x	Total Reps
DB	Dumbbell	SB	Stability Ball	e	Reps Each Side
BW	Body Weight	—	Your Choice	s	Seconds

1 BB Hang High Pull [Clean-Grip]



WT.	REP	REST
125	4	120s
125	4	120s
130	4	120s
130	4	120s

Coaching Points

- Perform a few light warm-up sets before starting
- Start with bar in hang position
- Load legs and keep head neutral
- Drive through heels, explode through hips
- Pull bar tight to body and as high as possible

2 A: BB Front Squat



WT.	REP	REST
235	8	120s
255	8	120s
265	8	120s
270	8-10	120s

B: Band-Assisted Pull-up [Over]



WT.	REP	REST
Band	12-15	30s
Band	12-15	30s
Band	12-15	30s
Band	12-15	30s

3 A: DB Split Squat



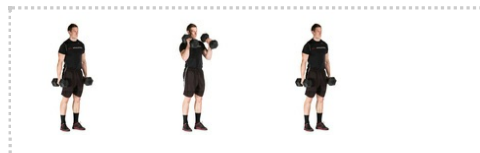
WT.	REP	REST
60	10	60s
60	10	60s
65	10	60s
65	10	60s

B: BB Deadlift [Alt-Grip]



WT.	REP	REST
360	6	90s
400	6	90s
415	6	90s
425	6-8	90s

4 A: DB Biceps Curl [Parallel]



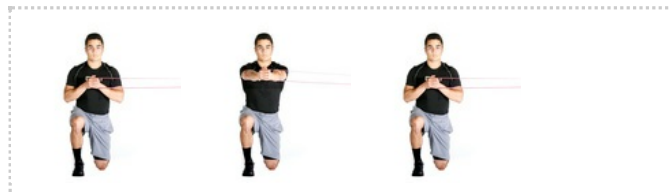
WT.	REP	REST
35	10	30s
35	10	30s
35	10	30s
35	10-12	30s

B: Scapular Push-up



WT.	REP	REST
BW	15-20	30s
BW	15-20	30s
BW	15-20	30s

5 Band Half-Kneeling Pallof Press



WT.	REP	REST
Band	15-20	60s
Band	15-20	60s
Band	15-20	60s

Coaching Points

- Half-kneeling position, knee on ground, leg farthest from band forward
- Band at kneeling shoulder-height
- Lock core, keep spine braced and neutral
- Press band away from chest until arms are straight
- Do not allow body to twist

John
Doe

GREG DIRENZO PERFORMANCE TR..

Hypertrophy , Block 1 of 12 , week of 7/11/21 , Day 4
Program Modifiers: Replacing Explosive Push-up to Bench, Band ...

TEAM NOTE

ATHLETE NOTE

KEY

BB	Barbell	MB	Medicine Ball	x	Total Reps
DB	Dumbbell	SB	Stability Ball	e	Reps Each Side
BW	Body Weight	—	Your Choice	s	Seconds

1 Push-up



Coaching Points

- Keep body planked throughout movement
- Eyes up, elbows tight to sides
- Do not let back or hips sag

WT.	REP	REST
BW	10-15	30s
BW	10-15	30s
BW	10-15	30s
BW	10-15	30s

2

A: BB Bench Press [Close-Grip]



WT.	REP	REST		WT.	REP	REST
145	10	120s	→	85	10	90s
155	10	120s	→	85	10	90s
175	8	120s	→	90	10	90s
180	8-10	120s	→	90	10-12	90s

B: BB Good-morning (wide-stance)



WT.	REP	REST
85	10	90s
85	10	90s
90	10	90s
90	10-12	90s

3

A: DB One-Arm Standing Press



WT.	REP	REST		WT.	REP	REST
35	10	60s	→	BW	10-15	60s
40	10	60s	→	BW	10-15	60s
40	8	60s	→	BW	10-15	60s
45	8-10	60s	→	BW	10-15	60s

B: SB Leg Curl



4

A: Manually Resisted Neck Flexion



WT.	REP	REST		WT.	REP	REST
BW	30-60	30s	→	35	10	30s
BW	30-60	30s	→	35	10	30s
BW	30-60	30s	→	35	10	30s
			→	35	10-12	30s

B: DB Biceps Curl (alternating)



5

Band External Rotation



WT.	REP	REST
Band	15-20	60s
Band	15-20	60s
Band	15-20	60s

Coaching Points

- Band at elbow-height
- Keep elbow pinned to side
- Arm bent at 90 degrees
- Isolate movement at the shoulder

John Doe

Day 1

TEAM NOTE

ATHLETE NOTE

	Set 1			Set 2			Set 3			Set 4			Set 5		
	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest
1 BW Box Jump	BW	5reps	s	BW	5reps	s	BW	5reps	s	BW	5reps	s			
2A DB Goblet Squat	60	10reps	s	65	10reps	s	75	8reps	s	80	8-10reps	s			
2B DB One-Arm Row	50	10reps	s	55	10reps	s	60	8reps	s	60	8-10reps	s			
3A DB Lunge	45	8reps	s	50	8reps	s	55	8reps	s	55	8reps	s			
3B Cable Seated Row (Parallel)		12reps	s		12reps	s		12reps	s		12-15reps	s			
4A DB Shrug	70	12reps	s	70	12reps	s	70	12-15reps	s						
4B DB Front Raise (Parallel)	20	12reps	s	20	12reps	s	20	12-15reps	s						
5 Band Half-Kneeling Anti-Rotation	Band	30-45times		Band	30-45times		Band	30-45times		Band	30-45times				

John Doe

Day 3

TEAM NOTE

ATHLETE NOTE

	Set 1			Set 2			Set 3			Set 4			Set 5		
	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest
1 BB Hang High Pull (Clean-Grip)	125	4reps	s	125	4reps	s	130	4reps	s	130	4reps	s			
2A BB Front Squat	235	8reps	s	255	8reps	s	265	8reps	s	270	8-10reps	s			
2B Band-Assisted Pull-up (Over)	Band	12-15reps		Band	12-15reps		Band	12-15reps		Band	12-15reps				
3A DB Split Squat	60	10reps	s	60	10reps	s	65	10reps	s	65	10reps	s			
3B BB Deadlift (Alt-Grip)	360	6reps	s	400	6reps	s	415	6reps	s	425	6-8reps	s			
4A DB Biceps Curl (Parallel)	35	10reps	s	35	10reps	s	35	10reps	s	35	10-12reps	s			
4B Scapular Push-up	BW	15-20reps		BW	15-20reps		BW	15-20reps							
5 Band Half-Kneeling Pallof Press	Band	15-20reps		Band	15-20reps		Band	15-20reps							

John Doe

Day 2

TEAM NOTE

ATHLETE NOTE

	Set 1			Set 2			Set 3			Set 4			Set 5		
	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest
1 BW Split Jump	BW	5reps	s	BW	5reps	s	BW	5reps	s	BW	5reps	s			
2A DB Bench Press (Parallel)	55	10reps	s	55	10reps	s	55	10reps	s	55	10-12reps	s			
2B BB Hip Thrust	80	10reps	s	90	10reps	s	100	8reps	s	105	8-10reps	s			
3A DB Incline Bench Press	45	10reps	s	50	10reps	s	55	8reps	s	60	8-10reps	s			
3B DB RDL + Shrug	45	10reps	s	50	10reps	s	55	8reps	s	60	8-10reps	s			
4A Flutter Kick	BW	20-30reps		BW	20-30reps		BW	20-30reps							
4B Band One-Arm Overhead Triceps Extension	Band	12-15reps		Band	12-15reps		Band	12-15reps		Band	12-15reps				
5 Band Lying External Rotation	Band	15-20reps		Band	15-20reps		Band	15-20reps							

John Doe

Day 4

TEAM NOTE

ATHLETE NOTE

	Set 1			Set 2			Set 3			Set 4			Set 5		
	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest	Wt.	Rep	Rest
1 Push-up	BW	10-15reps		BW	10-15reps		BW	10-15reps		BW	10-15reps				
2A BB Bench Press (Close-Grip)	145	10reps	s	155	10reps	s	175	8reps	s	180	8-10reps	s			
2B BB Good-morning (wide-stance)	85	10reps	s	85	10reps	s	90	10reps	s	90	10-12reps	s			
3A DB One-Arm Standing Press	35	10reps	s	40	10reps	s	40	8reps	s	45	8-10reps	s			
3B SB Leg Curl	BW	10-15reps		BW	10-15reps		BW	10-15reps		BW	10-15reps				
4A Manually Resisted Neck Flexion	BW	30-60times		BW	30-60times		BW	30-60times							
4B DB Biceps Curl (alternating)	35	10reps	s	35	10reps	s	35	10reps	s	35	10-12reps	s			
5 Band External Rotation	Band	15-20reps		Band	15-20reps		Band	15-20reps							