

WeightLifting Day One	Sets x Reps
Bench Low Pin Press (for this "abruptly" when reracking put it on the pins, leave it there while still putting pressure for 3 seconds explode)	5 x 5
Dumbbell Push Press (go on the floor while doing these) Super Set with Landmine Shoulder Press	4 x 8
Dumbbell Arm exchanges Superset with Shrug Pull	4 x 8 For both
Incline Chest Press (Dumbbell) Superset with Incline shoulder press	4 x 10 for both
Advanced Plyometric Program (do along with day one)	Sets x Reps
Weighted Squat Jumps (can be done with a drop bar or dumbbells)	3 x 10
Stairway alternating hops	3 x 10 (for each leg)
Banded Broad Jumps Super Set With medicine ball wall throws	4 x 8 (Jumps) 4 x 4 (wall throws)
Depth Jumps (go on a higher box)	4 x 6
WeightLifting Day Two	Sets x Reps
Trap Bar Deadlift (Go heavy do not be afraid!)	5 x 5
Power cleans	4 x 6
Single arm dumbbell rows Super Set With Chest Supported Dumbbell Row	3 x 12 (Single Arm) 3 x 8 (Chest Supported)
Barbell Back Rows Super Set With Hammer Curls	3 x 8 for both
Advanced Plyometric Program (do along with day two)	Sets x Reps
Weighted Squat Jumps (can be done with a drop bar or dumbbells)	3 x 10
Stairway alternating hops	3 x 10 (for each leg)
Banded Broad Jumps Super Set With medicine ball wall throws	4 x 8 (Jumps) 4 x 4 (wall throws)
Depth Jumps (go on a higher box)	4 x 6
WeightLifting Day Three	Sets x Reps
Squats (Go Heavy)	5 x 5
Alternating weighted lunges (meaning you start in a neutral position, then explode into a lunge position)	4 x 6 (6 for each leg)
Hamstring Curl (For this I want you to bring it up with two legs then bring it down with one slowly (working on eccentric) Super Set with Step-Ups	3 x 10
Box squats (yes we are squatting twice, grab a plyo box, a bench whatever squat down to it and explode up) Super Set with Walking Lunges	4 x 6 for (box) 3 x 10 (For lunges)
Advanced Plyometric Program (do along with day two)	Sets x Reps
Weighted Squat Jumps (can be done with a drop bar or dumbbells)	3 x 10
Stairway alternating hops	3 x 10 (for each leg)
Do Some core (planks, medicine ball twist, etc...)	4 x 8 (Jumps) 4 x 4 (wall throws)
Depth Jumps (go on a higher box)	4 x 6
REPEAT PROGRAM IF YOU WANT TO DURING THE WEEK SO A 6 DAY SPILT INSTEAD OF 3 BUT IT IS YOUR CHOICE LISTEN TO YOUR BODY	RohitRamFitness