

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT FIVE – MAX STRENGTH.

OVERVIEW: This max strength session uses the wave protocol to help increase load gradually throughout the set. The objective of this style of session is to increase 1 rep max.

SET PROTOCOL: 321 Wave

TOTAL WORKOUT TIME: 90 minutes

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.
Squat	Squat		Neutral

WAVE 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	80kg/176lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	80kg/176lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	80kg/176lb + 3 bands
WAVE 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	85kg/187lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	85kg/187lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	85kg/187lb + 3 bands
WAVE 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	90kg/198lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	90kg/198lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	90kg/198lb + 3 bands

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WORKOUT FIVE – MAX STRENGTH.

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.
Drive	Two Arm Drive	Overhand	Neutral

WAVE 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	20kg/44lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	20kg/44lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	20kg/44lb + 3 bands
WAVE 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	25kg/55lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	25kg/55lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	25kg/55lb + 3 bands
WAVE 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	30kg/66lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	30kg/66lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	30kg/66lb + 3 bands

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WORKOUT FIVE – MAX STRENGTH.

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.
Row	Two Arm Row	Underhand	Split

WAVE 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	30kg/66lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	30kg/66lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	30kg/66lb + 3 bands
WAVE 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	35kg/77lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	35kg/77lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	35kg/77lb + 3 bands
WAVE 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	40kg/88lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	40kg/88lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	40kg/88lb + 3 bands

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WORKOUT FIVE – MAX STRENGTH.

STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.
Overhead	Two Arm Press	Underhand	Split

WAVE 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	10kg/22lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	10kg/22lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	10kg/22lb + 3 bands
WAVE 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	15kg/33lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	15kg/33lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	15kg/33lb + 3 bands
WAVE 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
SET 1.	3	2 - 1 - 1	2 minutes	20kg/44lb + 1 band
SET 2.	2	2 - 1 - 1	2 minutes	20kg/44lb + 2 bands
SET 3.	1	2 - 1 - 1	2 minutes	20kg/44lb + 3 bands