

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT EIGHT – EXPLOSIVE POWER.

OVERVIEW: This session uses the concept of Post Activation Potentiation to deliver greater explosive power in the exercises. It combines two similar movement patterns with a long rest period between them. The two exercises are performed at different ends of the Force Velocity Curve as outlined in the recommended % of 1 RM.

Set up the LOAD station with the desired weight and bands for exercise 1. During the rest period, strip the weights down and remove the desired bands in preparation for exercise 2. Complete all 3 sets before moving onto the next LOAD station.

	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Drive	One Arm Drive - Ipsilateral	Neutral	Staggered	85%
EXERCISE 2.	Drive	One Arm Drive - Ipsilateral	Hand Release Neutral	Staggered	10%

RECOVERY BETWEEN EXERCISES: 3 minutes

RECOVERY AFTER EACH SET: 90 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	15kg/33lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	15kg/33lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	15kg/33lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Lift	Deadlift - Two Hands	Neutral	Neutral	85%
EXERCISE 2.	Lift	Jump - Two Hands	Neutral	Neutral	10%

RECOVERY BETWEEN EXERCISES: 3 minutes

RECOVERY AFTER EACH SET: 90 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	60kg/136lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	5kg/11lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	60kg/136lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	5kg/11lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	60kg/136lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	5kg/11lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Press	Two Arm Press	Overhand	Split	85%
EXERCISE 2.	Press	Two Arm Drop Press	Overhand	Neutral to Split	10%

RECOVERY BETWEEN EXERCISES: 3 minutes

RECOVERY AFTER EACH SET: 90 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	20kg/44lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	20kg/44lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	3	3 - 1 - 1	3 minutes	20kg/44lb + 3 bands
EXERCISE 2.	5	Explosive	90 seconds	0kg/0lb + 1 band