



BASE BUILDER STRENGTH PROGRAM: Phase 1

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Year: 2029

60:00 Session Formatting:

(click for YouTube Playlist demos)

Directions:

Approx.	6:00	Movement Prep
	10:00	Core Sets
	8:00	Push/Pull
	20:00	Strength Sets *
	8:00	Power Sets
	8:00	Mobility Sets

Follow the session layout that follows. The Back Squat & DL load progression follows in chart below. Visit our YouTube Channel to learn the other specific sets listed (links provided).

To Begin Phase 1: enter your known 1 Rep Max (1RM) lift weight (from previous off-season Base Build Program) in the yellow boxes below. If you have not lifted weights previously (or recently), you can begin with a conservative *estimated* 1RM weight based on your body weight. These are estimates only, and feel free to modify (up or down) as desired.

BACK SQUAT Max
185

Estimated Method:
Max Back Squat = 75% body weight
(conservative estimate to start with)

DEADLIFT Max
225

Estimated Method:
Max Deadlift = 100% body weight
(conservative estimate to start with)

Subscribe to our YouTube Channel for Updated & Added Sets to Choose From: Sessions:6 Sport Performance

Final "words of wisdom":

Check your ego at the gym entrance door, start conservatively, and always under estimate your ability level. If ever unsure of your mechanics/technique, hire a trainer to provide you with the instruction and feedback to keep you safe and your program effective. Lastly, be patient, embrace the first few weeks of the "soreness phase" and it will subside and training sessions should become fun and motivating!

Phase 1: STRENGTH BASE MOVEMENT KEY

MOVEMENT PREP:

Goal: Loosen up & muscle activation for work ahead.

- #1 Magnificent 5**
 - 1. Hip Crossover
 - 2. Scorpion
 - 3. Lunge w/ Twist
 - 4. Lateral Lunge
 - 5. Sumo Squat
- #2 World's Greatest**
 - Lunge & Reach
 - Hamstring Lean
 - Elbow to Instep
 - Inside/Outside Twists
- #3 Runner's Prep**
 - Arm Swings
 - Heel-Toe Walks
 - Toy Soldier
 - Butt Kickers
 - Grapevine
- #4 Critter Crawls**
 - Inchworm
 - Bear Crawl
 - Crab Walk
 - Gorilla Walk
 - Duck Walk

CORE SETS:

Goal: Target 3-Dimensional core strength through anterior, lateral, and posterior movements.

- #1 Anterior Reverse Crunch (hip thrust)**
- #1 Oblique Plank w/ Pull Through**
- #1 Posterior Quadraped Extension**
- #2 Anterior Plank Knees to Elbow Slides**
- #2 Oblique Weighted Side Bends**
- #2 Posterior Lying Back Crunch (Superman)**
- #3 Anterior Pilates 100**
- #3 Oblique Palloff Press**
- #3 Posterior Glute Bridge**
- #4 Anterior Hollow Hold/Rock**
- #4 Oblique Side Plank Dips**
- #4 Posterior Stability Ball Back Ext.**
- #5 Anterior Body Saw**
- #5 Oblique Wood Choppers**
- #5 Posterior Hamstring Stability Ball Curl**
- #6 Anterior Weighted Sit-Up**
- #6 Oblique Russian Twist**
- #6 Posterior Stability Ball Rev. Hyper-Ext**
- #7 Anterior Seated Leg Extension**
- #7 Oblique Seated Oblique Crunch**
- #7 Posterior Dumbbell Crossbend**
- #8 Anterior Stability Ball Cauldron**
- #8 Oblique The Squirm**
- #8 Posterior Alt. Leg S.Ball Hyper-Ext**

PUSH & PULL SETS:

Goal: Opposing upperbody strength.

- #1 Vertical (High): OH Press & Pull-Up**
- #2 Horizontal: Push-Up & Bentover Row**
- #3 Vertical (Low): Dip & High-Pull**

POWER:

Goal: Basic plyometric movements to develop muscle elasticity and fast twitch fiber recruitment.

- #1 Jumping Lunge**
- #2 Floor Jumps**
- #3 Box Jumps/Depth Jumps**
- #4 Ball Throws**

MOBILITY:

Goal: Improve range of motion in soft tissue & joints.

- #1 Anterior Couch & Pec**
- #2 Posterior Static Hamstring/Calf**
- #3 Anterior Hip Opener Sequence**
- #4 Posterior Banded Hamstring**
- #5 Full Foam Roll**

WEEK 1: Adaptation				BACK SQUAT			DEADLIFT				
M. Prep	Core	Push/Pull		Reps	% Max	lbs.	Reps	% Max	lbs.	Power	Mobility
Session 1:	#1	#1	Vertical	1*10	30%	56	1*10	30%	68	#1	#1
	2-3 sets	(High)		1*10	40%	74	1*10	40%	90	Jump Lunge	
	10-15 reps, each	2 x 10		1*10	50%	93	1*10	50%	113	2x 12	
Session 2:	#2	#2	Horizontal	1*8	30%	56	1*8	30%	68	#2	#2
	2-3 sets			1*8	40%	74	1*8	40%	90	Floor Jumps	
	10-15 reps, each	2 x 10		1*8	50%	93	1*8	50%	113	2x 5 each	
				1*8	60%	111	1*8	60%	135		
WEEK 2: Adaptation				BACK SQUAT			DEADLIFT				
M. Prep	Core	Push/Pull		Reps	% Max	lbs.	Reps	% Max	lbs.	Power	Mobility
Session 1:	#3	#3	Vertical	1*10	40%	74	1*10	40%	90	#3	#3
	2-3 sets	(Low)		1*8	50%	93	1*8	50%	113	Box/Depth Jump	
	10-15 reps, each	2 x 10		1*6	60%	111	1*6	60%	135	3x10	
				1*4	70%	130	1*4	70%	158	low height	
Session 2:	#4	#4	Vertical	1*10	50%	93	1*10	50%	113	#4	#4
	2-3 sets	(High)		1*8	60%	111	1*8	60%	135	Ball Throws	
	10-15 reps, each	3 x 10		1*6	70%	130	1*6	70%	158	2x 8 each	
				1*4	80%	148	1*4	80%	180		
WEEK 3: Base				BACK SQUAT			DEADLIFT				
M. Prep	Core	Push/Pull		Reps	% Max	lbs.	Reps	% Max	lbs.	Power	Mobility
Session 1:	#1	#5	Horizontal	1*10	60%	111	1*10	60%	135	#1	#5
	2-3 sets			1*8	65%	120	1*8	65%	146	Jump Lunge	
	10-15 reps, each	3 x 10		1*6	70%	130	1*6	70%	158	3x 14	
				1*6	75%	139	1*6	75%	169		
				1*6	80%	148	1*6	80%	180		
Session 2:	#2	#6	Vertical	1*10	60%	111	1*10	60%	135	#2	#1
	2-3 sets	(Low)		1*8	70%	130	1*8	70%	158	Floor Jumps	
	10-15 reps, each	3 x 10		1*8	75%	139	1*8	75%	169	3x 5 each	
				1*8	80%	148	1*8	80%	180		