

Program Design Guide

Step 1- Determine Maturity Stage

Measure your standing and sitting height along with your bodyweight and use our maturity calculator to determine your Maturity Stage.

Step 2-Define Your Training Goal

Next step is to determine your training goal. If you are really strong but slow, then your goal should be power. If you are weak onto the field, then you should focus on strength. Lastly, if you are very skinny, then focus on building muscle to prevent injury and develop a strong athletic foundation.

Step 3-Select Training Variables

After determining your training goal and Maturity stage, use our training decision tool to get training variables.

Step 4-Weekly Training Session

You should follow these two splits for optimal athletic development:

- 1- 2 to 3 Day Full Body
- 2- 4 Day Upper Lower Split

This is how your 4 Day Upper Lower Split Routine should look like:

Monday:

- 1-True Plyometric
- 2-Upper Body Power Exercise
- 3-Lower Body Power Exercise(These are categorized as power in our database.)
- 4-Hip Hinge Movement
- 5-Squat Movement

Tuesday:

- 1-Upper Body Push
- 2-Upper Body Pull
- 3-Accessories
- 4-Accessories
- 5-Accessories
- 6-Accessories

Wednesday:

Rest Day

Thursday:

- 1-True Plyometric

2-Upper Body Power Exercise

3-Lower Body Power Exercise(These are categorized as power in our database.)

4-Hip Hinge Movement

5-Squat Movement

Friday:

1-Upper Body Push

2-Upper Body Pull

3-Accessories

4-Accessories

5-Accessories

6-Accessories

This is how your 2 or 3 day full body split should look like:

Monday, Wednesday and Friday:

1-True Plyometric

2-Upper Body Power Exercise

3-Lower Body Power Exercise(These are categorized as power in our database.)

4-Hip Hinge Movement

5-Squat Movement

6-Upper Body Push

7-Upper Body Pull

8-Accessories

9-Accessories

10-Accessories

Note: If you are going to do 2 full body sessions a week, it is better to do them on Monday and Thursday i.e. with two rest days in between.

Also, make sure to alternate between horizontal and vertical upper body push and pull movements every session. Along with that, also incorporate unilateral strength exercises 1 to 2 times a week.

Step 5-Organize the session

Start your session with a dynamic warm up and low intensity cardio. After that, follow this order:

1- True Plyometrics

2-Power

3-Strength

4-Accessories

Accessories refer to exercises targeting your weak areas such as core, shoulder and ankles.

Step 6-Choose Exercises

After deciding your training split and organizing the session, filter our training database according to your training experience and maturity, exercise category and movement direction to design your own training program. One thing to remember is that the goal of true plyometrics is to reduce your ground contact time. So, focus on rebounding as quickly as possible after landing in these exercises.

Sample Program:

Upper Lower Split:

Monday:

- 1-Pogo Hops
- 2-Overhead Slams
- 3-Broad Jumps
- 4-Dumbbell Squat
- 5-Hip Thrusts

Tuesday:

- 1-Dumbbell Bench Press
- 2-Chin Ups
- 3-Calf Raises
- 4-Shoulder Rotation
- 5-Side Plank
- 6-Leg Raises

Thursday:

- 1-Pogo Hops
- 2-Rotational Throws
- 3-Vertical Jumps
- 4-Dumbbell Lunges
- 5-Romanian Deadlift

Friday:

- 1-Overhead Press
- 2-Bent Over Rows
- 3-Cable rotation
- 4-Plank
- 5-Face Pulls
- 6-Shin Raises

3 Day Full Body Split:

Monday:

- 1-Pogo Hops
- 2-Vertical Jumps
- 3-Overhead Slams
- 4-Back Squats
- 5-Hip Thrust
- 6-Dumbbell Bench Press
- 7-Dumbbell Rows
- 8-Calf Raises
- 9-Cable Crunches
- 10-Side Bends

Wednesday:

- 1-Pogo Hops
- 2-Lateral Jumps
- 3-Rotational Slams
- 4-Split squats
- 5-Romanian Deadlift
- 6-Overhead Press
- 7-Chin Ups
- 8-Leg Raises
- 9-Side Plank
- 10-Cable Shoulder rotation

Friday:

- 1-Pogo Hops
- 2-Broad Jumps
- 3-Med Ball Chest Pass
- 4-Hip Thrusts
- 5-Squats
- 6-Bent over Rows
- 7-Bench Press
- 8-Calf Raises
- 9-Prone T raise
- 10-Hip adduction

