



**STRENGTH,
POWER
& SPEED**

TRAINING PROGRAM

WITH DR. CRAIG SLAUNWHITE

PROGRAM INTRODUCTION



STRENGTH, POWER & SPEED TRAINING PROGRAM

You don't have to be a world-class athlete to appreciate that you play the game to win. Whether your game is a team sport like basketball, hockey, volleyball, or football — or an individual sport like tennis, swimming, cycling, or golf — there are certain physical elements that make you a winning athlete. That's why Bodylogix® has your performance in mind. The following program will target athletic movement and build your strength, power, and speed in order for you to win time and time again:

STRENGTH: YOUR MOST FORMIDABLE WEAPON.

Sports involving contact like football and hockey require strength to overcome the position of your opponent. Endurance sports like swimming and running also require strong muscles to last an entire race and finish the job. You're in it to win it and strength can see you through. Matter of fact, without strength, you may as well not even show up to the game.

POWER: CRITICAL FOR SCORING PRODUCTION.

In-field events like shot put, discus, and javelin — where results are based purely on distance — power is a requisite. Throwing a pitch, spiking a volleyball, hitting a drive, or kicking a soccer ball all require explosive power — and this program will show you how to build it.

SPEED: ESSENTIAL TO BLOW PAST YOUR OPPONENT.

In timed sports, it's everything. If you're losing with little time remaining, speed is your number-one ally in scoring those winning goals or taking that winning shot. During the setup of a play, the ability to spontaneously turn on your speed is an enormous athletic advantage.

The enclosed program can help you achieve substantial gains in all of strength, power, and speed. Whether your opponent is a team, an individual, or even yourself, this program can help you enhance your performance and put yourself in a much greater position to win.

This workout might not be right for you. Always, consult a physician before performing any of the exercises.





ABOUT DR. CRAIG SLAUNWHITE

Dr. Craig Slaunwhite is a native of Halifax, Nova Scotia who is the Director of Fitness for the Winnipeg Jets of the National Hockey League. Prior to this position, he spent the previous five seasons as the strength and conditioning coach of the Florida Panthers, where he also provided chiropractic and nutritional services. Prior to joining Florida in 2009, Slaunwhite worked as a personal trainer based in Toronto, working with elite athletes across numerous sports in international and professional competition.

Dr. Slaunwhite himself is an accomplished athlete. He set several school and provincial records in Nova Scotia, including records in pentathlon, pole vault, shot put, discus, and decathlon. Dr. Slaunwhite earned All-Canadian honours in track and field during that time for his achievements. Following his collegiate career, he was a member of the Canadian national track and field team, competing in Africa, Europe, and South America. During this time, he won a bronze medal in decathlon at the 2008 Canadian Olympic trials.

Dr. Slaunwhite holds a doctorate of chiropractic from the Canadian Memorial Chiropractic College. He also earned a bachelor of science in kinesiology from Dalhousie University in 2003.

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PROGRAM SUMMARY

STRENGTH, POWER & SPEED TRAINING PROGRAM

INTRODUCTION

This athletic 7-day weight-training split will blast all your muscle groups and prime them for exceptional growth. Almost immediately, you'll develop strength and power, while simultaneously building speed and agility.

THE SPLIT

Perform Days 1, 2 and 3 as prescribed, then repeat in order for Days 4, 5 and 6. On Day 7, you may rest completely if you feel the need, or perform some "active recovery" activities that include low impact multi joint movement like yoga, swimming, foam rolling etc.

DAY 1 / DAY 4

Perform the designated number of reps for each exercise in each compound set with no rest between exercises. At the completion of each compound set, rest 2–3 minutes. Perform each compound set 4 times, then move on to the next compound set.

Exercises		Reps	Weight/Distance
Compound Set 1 (4 Sets)	BARBELL SQUAT	4	80% of 4-Rep Max
	BARBELL JUMP SQUAT	8	1/2 Bodyweight
	SPRINT	4	5 Yards
Compound Set 2 (4 Sets)	LATERAL GOBLET SQUAT	4	Each Side
	SINGLE-LEG LATERAL BOX JUMP	8	Each Side
	CROSSOVER STEP DRIVE	1	33 Yards Each Side
Compound Set 3 (4 Sets)	SLED PUSH	1	11 Yards
	ALTERNATING LUNGE JUMP	8	Each Side
	SOLUS CONE SPRINT	2	22 Yards

DAY 2 / DAY 5

Perform the designated number of reps for each exercise in each compound set with no rest between exercises. At the completion of each compound set, rest 2–3 minutes. Perform each compound set 4 times, then move on to the next compound set.

Exercises		Reps	Weight/Distance
Compound Set 1 (4 Sets)	BENCH PRESS	4	80% of 4-Rep Max
	BOSU PLYO PUSH-UP	8	Bodyweight
	MEDICINE BALL SHOT PUT	8	Each Side, Repeating
Compound Set 2 (4 Sets)	PULL-UP (WEIGHTED*)	4	Bodyweight (+ Weight*)
	HORIZONTAL SPEED PULL-UP	8	Bodyweight
	SINGLE-ARM SLED ROW	8	Each Side
Compound Set 3 (4 Sets)	SWISS BALL RUSSIAN TWIST	4	10-45 lbs, Each Side
	BARBELL ROLLOVER	8	Each Side
	ALTERNATING SIDE MEDICINE BALL TOSS	8	Alternating Sides

*On the Pull-Up, use additional weight resistance if possible. Otherwise, simply use your bodyweight.

DAY 3 / DAY 6

Perform the exercises in each grouping in order, resting only on the walkback to the start (3 sets of the first exercise, 3 sets of the second exercise, 3 sets of the third exercise). At the end of each grouping, rest for 2–3 minutes.

Exercises		Reps	Distance	Rest
Group 1	"A" MARCH	3	23 Yards	Walkback
	"B" MARCH	3	23 Yards	Walkback
	"C" MARCH	3	23 Yards	Walkback
Group 2	BROAD JUMP	3	11 Yards	Walkback
	SIDE-SINGLE-LEG MINI JUMP	3	11 Yards	Walkback
	BOUNDING	3	23 Yards	Walkback
Group 3	FLYING SPRINT	3	44 Yards	Walkback
	FALLING START	3	44 Yards	Walkback
	ACCELERATION RUN	3	44 Yards	Walkback

DAY 7

Rest / Active recovery activities that include low impact multi joint movement like yoga, swimming, foam rolling etc.

DAY 1 / DAY 4

COMPOUND SET 1

BARBELL SQUAT

Step under a loaded bar and grasp it with an overhand grip, supported by your upper back. Keeping your back straight and head up, descend until your quads are parallel to the floor, then press with your feet to extend your legs and raise back to the start.

TIP: Keep your eyes focused forward and core engaged throughout the exercise.



BARBELL JUMP SQUAT

Set yourself into position as you would with a standard squat. Use a lighter weight here because of the additional force of gravity. From the squat position, press as hard as you can with your feet to extend your legs, then jump vertically into the air.

TIP: While in the air, flex your knees slightly to lessen the impact when you land.



SPRINT

This short movement is all about explosiveness. From a static start position similar to running the 100 metres, blast yourself forward and sprint as fast as you can for five yards. This will require only a few strides.

TIP: Although mainly a legs move, incorporate an arm swing as much as possible.

COMPOUND SET 2

LATERAL GOBLET SQUAT

Stand tall with feet shoulder-width apart and hold a dumbbell vertically with a neutral grip at the edges of one of the weights. Hold it just under your chin. Lunge laterally (to one side) about two or three feet until your working quad is parallel to the floor. Hold for a second, then return to the start.



TIP: When your working leg lands, point your toes slightly outward or straight ahead, never turned inward.



SINGLE-LEG LATERAL BOX JUMP

Set up in a speed skater's position, with your weight on your leg farthest away from the box. Bend forward from your hips and flex your legs, keeping your back straight. Extend your working leg explosively and jump laterally toward the box, landing on your other foot.

TIP: Focus your vision on a spot on the surface of the box to help land accurately.



CROSSOVER STEP DRIVE

Stand in a "half-squat" position with legs spread wider than shoulder width. Keep your back straight, your head up, knees bent and arms flexed. Step to one side with a significant crossover of your opposite leg. Employ a decent arm swing to help add distance.



TIP: Think of this as more of a jump and explode laterally as far as you can.

COMPOUND SET 3

SLED PUSH

Grasp the top of the handles using a neutral grip and crouch behind the sled with feet split. Lean forward sharply, keeping your back straight and your head in line with your spine. Press into the floor with your legs and push the sled forward continuously.

Tip: Think of your arms simply as supports; let your legs and back do all the work to get the full intended benefit of this move.



ALTERNATING LUNGE JUMP

Assume a skater's mid-stride position with legs bent and split, back straight and arms in a high athletic flex. Leap into the air and in a co-ordinated move, swing your back leg forward and your front leg backward. Leap again and continue alternating.

Tip: Develop feel here using slow reps and never look at the ground; keep your head up.

SLALOM CONE SPRINT

Place six cones on the floor, equi-distant in a straight line, roughly 3 yards apart. Stand tall at the end of the line. Run as fast as you can to one side of the first cone, then crossover and run to the opposite side of the next cone, then cross again and run to the opposite side of the last cone.

Tip: Expect to feel the impact on your outer foot while turning; use it to push off hard.



DAY 2 / DAY 5

COMPOUND SET 1

BENCH PRESS

Lie flat on the bench facing up and grasp the bar with an overhand grip about 1.5 times the width of your shoulders. Unrack the bar, bring it down in a controlled manner to your lower pecs and pause for a split-second. Press the bar by extending your arms fully.

Tip: Don't let your elbows flare out to the side; bring them in at a 45-degree angle to your torso.



BOSU PLYO PUSH-UP

Assume a push-up start position face down with your hands holding the Bosu ball at its bottom edges using a neutral grip. Your chest will be directly above the ball. Press hard into the ball to extend your arms fully and spring upward above the floor.

Tip: Flex your arms slightly while in the air to lessen the impact when you land.



MEDICINE BALL SHOT PUT

Stand perpendicular to a wall and get into a deep squat. Hold the medicine ball with both hands at the height of your chin. Spring forward with your legs to raise up, and in a kinetic chain of energy finish by shot putting the ball toward the wall with one hand.

Tip: In the finish position, stand tall and fully extended, not leaving any source of energy unused.



HORIZONTAL SPEED PULL-UP

Set into position in a similar way to the bench press but lie face up on the floor instead. Grasp the racked bar with an overhand grip. Instead of pressing the bar, pull yourself up until your lower pecs come into contact with the bar. As these are speed reps, don't pause at the top but lower immediately.



Tip: Keep your body long and extended; don't hitch your legs up.

COMPOUND SET 2

PULL-UP (WEIGHTED)

Attach a plate to a body strap and secure it around your waist. Hang from a chin-up bar with an overhand grip about shoulder width. Cross your feet over each other. Using force from your back and biceps, pull yourself up until the bar is about eye level.

Tip: Pull ups with weight are difficult. If unable to perform, do body weight only or assisted pull ups.



SINGLE-ARM SLED ROW

Use a long attachment and hold the handle in one hand using a neutral grip. Stand square to the sled using a wide stance and knees bent almost 90 degrees. Keeping your body anchored in position with your chin up, pull the handle to row the sled toward you.

Tip: Maintain a vertical torso; don't lean back to assist with the pull.

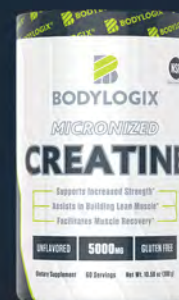


CLEAN.

The most efficient fitness supplements are those not weighed down with fillers, additives and preservatives. Clean products that provide strictly the ingredient on the front of the label ensure you know what you're getting. No surprises, no waste of money. You purchase a supplement for a specific purpose, and clean products provide you the most efficient means to that purpose.

Dr. Slaunwhite recommends

Bodylogix[®] Micronized Creatine for its clean, vegan composition. With no fillers, no additives, no excipients and a gluten-free, unflavored formulation, micronized creatine monohydrate is an excellent choice for helping increase your strength and power when used in conjunction with the enclosed program. Take one scoop (5,000 milligrams) in water or your favourite beverage 3–4 times a day for the first 5–7 days. For maintenance use, take one scoop daily. Creatine is an excellent choice for use with brief, highly intense resistance training workouts.



How It Works

Creatine works by drawing water into your muscle cells, allowing for improved contractile strength. When your cells are volumized by creatine, they're not only stronger but larger. Creatine mixes easily in water, and is very affordable. Taking creatine immediately after your workout will help replenish your muscles' energy stores and allow you to make continuous strength, power and speed gains.

COMPOUND SET 3

SWISS BALL RUSSIAN TWIST

Grasp a plate with both hands using a neutral grip and lie face up supported by your upper back on the Swiss ball and your feet on the floor with legs bent 90 degrees. Keeping your arms extended, rotate from your waist 90 degrees to the right, then swing back toward the start and over another 90 degrees to the other side; keep repeating.

Tip: Contracting through your core with a squeeze will assist in the sideways reach.



BARBELL ROLLOVER

Hold onto the end of a barbell with both hands using a neutral grip. Split your legs wide and bend your knees for stability. With your arms bent slightly, roll the bar wide in an arcing action over to one side. Reverse the motion and roll it back the other direction.

Tip: Be sure to use your legs here to initiate the move; don't reserve the effort to your upper body.

ALTERNATING SIDE MEDICINE BALL TOSS

Grasp a medicine ball with both hands using an underhand neutral grip. Stand perpendicular to the wall and bend your knees about 45 degrees. Swing the ball away from the wall to build momentum, then extend your legs sharply and raise into a sideways toss toward the wall. Switch sides and repeat.



Tip: Throw the ball at a height on the wall higher than the level of the ball at the start.

DAY 3 / DAY 6

GROUP SET 1

"A" MARCH

Stand tall with back straight, legs extended, feet together and head up. Raise one leg very high until your quad is parallel to the floor, while bringing the opposite arm forward until its forearm is also parallel to the floor. In their top position, your hands should get close to your cheeks. Elbows stay bent at 90 degrees. March forward in this manner by alternating legs.



Tip: Don't short-change yourself and use a full range of motion with your whole body.

TRUST.

Trust is of the utmost importance. Being able to hold onto the security of knowing you're getting what you expect means a lot when it comes to fitness supplements. That's why Bodylogix® products are certified by NSF, a world-leader in third party testing to ensure the highest quality standards. Our production facility is also GMP registered, so when it comes to supplements, you know you can trust the Bodylogix® brand on many levels.

Dr. Slaunwhite recommends

Bodylogix® Energizing Pre-Workout can help you make every workout count. This energizing formula features 1,000 milligrams of Taurine, with 150 milligrams of Caffeine and 1,000 milligrams of Creatine Monohydrate. Simply mix one scoop of Energizing Pre-Workout in cold water 20–30 minutes before working out. You'll find this blend is an incredibly simple and powerfully effective way to help you make the most out of every workout.



How It Works

Creatine monohydrate helps increase physical performance during intense exercise and increases lean muscle mass when used in conjunction with a resistance training regimen. Caffeine helps to temporarily relieve fatigue, to promote endurance, and to enhance motor performance. L-Tyrosine and L-Arginine are sources of amino acids involved with muscle protein synthesis. These ingredients together make for a multi-dimensional, fast-acting, consistent source of pre-workout energy you can trust. This product may not be right for you; always read and follow the label.



"B" MARCH

Stand tall with back straight, legs extended, feet together and head up. Reach forward with one leg until it's about parallel to the floor, while bringing the opposite arm forward. Imagine you are 'clawing' the floor and march forward in this manner by alternating legs.

Tip: Master the balance involved here with shorter strides at first, then make sure they are full and long.



"C" MARCH

Stand tall with back straight, legs extended, feet together and head up. Raise one leg very high until your quad is parallel to the floor, but instead of immediately marching forward, rotate it outward to the side, then lower your leg in front of you. Repeat this movement with your other leg.

Tip: Despite the rotation of your legs, make sure to keep your head and chest facing forward throughout the move.

GROUP SET 2

BROAD JUMP

Stand tall with feet a little wider than shoulder-width apart, then descend into a half-squat position while swinging your arms back. In an explosive, co-ordinated move, press sharply into the floor and jump forward while swinging your arms forward.

Tip: After you reach the apex of the jump, reach your feet forward as far as you can prior to landing.



SIDE SINGLE-LEG MINI JUMP

Assume a skater's position, resting on one leg slightly bent and your other leg behind you. Lean forward about 45 degrees and bring your opposite arm forward. Push off by extending your leg and jump sideways as you bring your back leg forward to land on.

Tip: Use a liberal arm swing and develop co-ordination with upper and lower body.



BOUNDING

Stand tall with back straight, legs extended, feet slightly separated and head up. Begin the exercise with a baby jog to build momentum and then break into your bounding strides with the focus of holding the knee drive position in the air for as long as possible. Use a very liberal arm swing all the way forward. Keep bounding forward by alternating leaping legs.

Tip: Think of your leap direction about 45 degrees, since you want to achieve significant height rather than simply distance.

GROUP SET 3

FLYING SPRINT

Begin running forward at a moderate pace, then immediately turn on the after-burners and sprint forward as fast as you can. The abrupt change in speed is distinct from the progressive increase you get with the Acceleration Run.

Tip: Power comes from the ground up, so press hard into the floor and aim for very long strides.



FALLING START

Stand tall with body relatively straight except for a slight bend in your knees and you legs staggered. Lean forward with your weight coming up onto your toes, then lean some more. Just before you begin to fall forward, press into the floor with your feet and begin the sprint.

Tip: Keep your head in line with your spine which means at the start it'll face the floor.



ACCELERATION RUN

Simply begin a run in a straight line with using your legs and arms to their full capacity. As you proceed, increase your speed until you enter into a full-out sprint before completing the rep.



Tip: Keep running fast to the 44-yard mark, then slow down; don't slow down before 44 yards.

PERFORMANCE.

Performing at your best level can come in many forms. In the sporting world, this often means the efficient execution of skills under pressure in order to defeat your opponent. Other achievements like establishing your best time in a race, or achieving personal bests in weightlifting also require you to perform at your highest level. In order to reach optimal performance, you need to recover from your training as efficiently as you can in order to grow and build; once you build a solid foundation of strength, power and speed, your performance will also increase.

Dr. Slaunwhite recommends

Bodylogix® Natural Isolate or Natural Whey can help you maintain a high level of protein consumption on a daily basis, including immediately after training. Both contain cold processed, cross-flow micro and ultra-filtered non-denatured whey protein sourced from grass-fed cows. Post-workout, they saturate your muscles with important amino acids to build and recover. On training days, take one scoop of your choice of natural protein mixed in your favourite beverage immediately after training. On non-training days, take one scoop early in the day.



How It Works

The more intense your training, the more you require whey protein to meet your fitness goals. Isolate protein is the highest quality protein available and has the highest Biological Value (BV). With 25 grams of protein and 5.7 grams of BCAAs per serving to help increase lean muscle, Bodylogix® Natural Isolate helps reduce muscle recovery time.

With 24 grams of protein to help increase lean muscle, Bodylogix® Natural Whey satisfies your hunger cravings while providing you the support you need to fuel your active lifestyle.

CLEAN. TRUST. PERFORMANCE.



BODYLOGIX® PRODUCTS ARE CERTIFIED BY NSF, A WORLD LEADER IN THIRD-PARTY TESTING TO ENSURE THE HIGHEST QUALITY STANDARDS.

With today's focus on human health and well-being, NSF meets the needs of safety and quality for the dietary supplements industry. NSF ensures product and ingredient safety, giving both industry and consumers peace of mind through GMP compliance, accredited certification programs, testing services and training capabilities.

Good Manufacturing Practices (GMP) are guidelines that provide a system of processes, procedures and documentation to assure a product has the identity, strength, composition, quality and purity that appear on its label.



BODYLOGIX®

The Bodylogix® brand is committed to clean, natural forms of fitness supplements.

THE SUPPLEMENTS

Bodylogix® Natural Whey protein is a quick and easy way to meet your daily protein requirements, without added sugars, artificial sweeteners or artificial colors. Our natural proteins contain cold-processed, cross-flow micro and ultra-filtered, non-denatured whey proteins sourced from grass-fed cows. Our protein comes in many forms designed for different needs:

- Natural Isolate
- Natural Whey
- Vegan
- Women's

All of our proteins are gluten-free, non-GMO, and are made in a peanut-free facility.

Bodylogix® also offers a full array of supplements designed for pre- and post-workout, a Micronized Creatine product to support muscle in power output, plus recovery supplements like L-Glutamine.




ENERGIZING PRE-WORKOUT
150mg Caffeine*
1000mg Creatine*
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No Proprietary Blends
Pink Lemonade, Iced Tea, Crisp Apple

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Gluten Free
60 Servings
No Fillers, No Additives, No Excipients
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NATURAL ISOLATE
25g Protein*
5.7g BCAA*
0g Sugars*
110 Calories*
Vanilla Bean, Decadent Chocolate

NATURAL WHEY
24g Protein*
2.5g Fat*
2g Sugars*
130 Calories*
Vanilla Bean, Decadent Chocolate


* Per Serving



Our natural proteins are gluten free, non-GMO, and made in a peanut free facility. We produce high quality products where only ingredients on the label are what you will find in the bottle. And nothing else!



Because trust is of the utmost importance, our production facility is GMP registered and our products are certified by NSF, a world leader in third-party testing to ensure the highest quality standards.



With clinically studied ingredients, our products are designed to help you get the most out of your workout. With performance driven nutrition, you can count on us to support your active lifestyle.

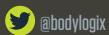
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