

# NEXT LEVEL TRAINING – SPEED & MECHANICS



## 6 Week Workout



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<u>SPEED WORKOUT</u> 2 sets – Yellow Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 2 sets – Yellow Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 2 sets – Yellow Band 10-12 Reps
WEEK 2	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 1 set – Green Band 10-12 Reps
WEEK 3	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 1 set – Green Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 1 set – Green Band 10-12 Reps	Rest	<u>SPEED WORKOUT</u> 3 sets – Yellow Band 1 set – Green Band 10-12 Reps
WEEK 4	<u>Release Angle Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 10 seconds Each Set	Rest	<u>Release Angle Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 10 Seconds Each Set	Rest	<u>Release Angle Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 10 Seconds Each Set
WEEK 5	<u>Elbow Pull Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds	Rest	<u>Elbow Pull Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds	Rest	<u>Elbow Pull Workout</u> 2 Sets – Yellow Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds
WEEK 6	<u>Speed Workout</u> 2 Sets – Green Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds	Rest	<u>Speed Workout</u> 2 Sets – Green Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds	Rest	<u>Speed Workout</u> 2 Sets – Green Band 8 – 10 Reps <u>ISOMETRIC HOLD</u> Yellow & Green Band 2 Sets Position 1 2 Sets Position #2 Hold for 15 seconds