

Turbo **F.A.S.T.**

Fundamental and Advanced Strength Technologies

Basic Deluxe System 1.0

for Microsoft® Excel

- Quickly Print individualized workouts for one athlete or a whole team with ONE click!
- Further individualize with the **Individual Work** feature!
- Enter **Coaching Comments** for each day's workout!

| Sample | None | | | | | | DATE: 5/8/07 | Comments |
|-----------------------------|--------|--------------|--------|--------------|--------|--------------|---------------------------|----------|
| | PC | SQ | IW | BP | 40 | SN | | |
| | 100.0 | 100.0 | 1 | 100.0 | 4.6 | 100.0 | | |
| *****Speed Day***** | | | | | | | | |
| Monday | Vol = | 133 | A v | Vol = | 4.926 | | | |
| 40 Yard strides x 6 | 6.2 - | 6 x 1 / 1 | 5.5 - | 5.3 x 1 / 1 | 5.1 - | 4.8 x 4 / 1 | Relaxed acceleration | |
| Hang Snatch | 45 - | 50 x 4 / 1 | 55 - | 60 x 3 / 1 | 65 - | 70 x 3 / 1 | | |
| Series Hurdle Hops | 75 - | 80 x 3 / 3 | | | | | Hurdles at 24 inches | |
| Overhead Step Up | | BW x 5 / 3 | | | | | | |
| Bench Press | 115 - | x 5 / 1 | 160 - | x 5 / 1 | 205 - | x 5 / 1 | | |
| Dumbbell Incline | 225 - | 130 x 10 / 1 | 190 x | 8 / 1 | 220 x | 6 / 1 | | |
| Triceps on your own | 65 - | 240 x 4 / 3 | 77.5 - | 82.5 x 6 / 1 | 90 - | x 6 / 1 | | |
| Abdominals | | 72.5 x 6 / 1 | | x 8 / 1 | | x 8 / 1 | 5. Curl and Press | |
| Stair Master - 20 minutes | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | | |
| *****Strength Day***** | | | | | | | | |
| Tuesday | Vol = | 103 | A v | Vol = | 5.421 | | | |
| Olympic Complex | | x 5 / 1 | | x 5 / 1 | | x 5 / 1 | ***Olympic Bar Complex*** | |
| Squat | 35 - | 40 x 8 / 1 | 45 - | 50 x 6 / 1 | 55 - | 60 x 4 / 1 | 1. Muscle Clean x 5 | |
| Stand Alt. DB Press | 70 - | 75 x 4 / 1 | 78 - | 82 x 4 / 3 | | | 2. Upright Row x 5 | |
| DB Shoulder Complex | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | 3. Clean and Press x 5 | |
| Pull Ups | Reg | x 5 / 1 | Wide | x 5 / 1 | Chin | x 5 / 1 | 4. Squat x 5 | |
| Med Ball Core | | | | | | | **DB Shoulder Complex** | |
| Bike 30 Minutes | | | | | | | 1. Front Raise x 5 | |
| *****Power Day***** | | | | | | | | |
| Thursday | Vol = | 143 | A v | Vol = | 5.107 | | | |
| Power Clean | 40 - | 50 x 5 / 1 | 55 - | 60 x 4 / 1 | 65 - | 70 x 3 / 1 | | |
| Squat-Push Press | 75 - | 80 x 3 / 1 | 70 - | 75 x 3 / 1 | 77.5 - | 82.5 x 3 / 1 | | |
| Box Jump | 72.5 - | 77.5 x 3 / 1 | 85 - | 87.5 x 3 / 1 | | | | |
| Incline Press | | x 6 / 1 | | x 5 / 1 | | x 4 / 1 | | |
| DB Bench | | x 4 / 1 | | x 4 / 1 | | | | |
| Weighted Dips | | BW x 5 / 3 | | | | | | |
| Physio Ball Routine | 40 - | 45 x 10 / 1 | 55 - | 65 x 8 / 1 | 70 - | 75 x 6 / 1 | | |
| Elliptical 20 minutes | 60 - | 60 x 4 / 3 | 35 - | 40 x 6 / 1 | 40 - | x 6 / 1 | | |
| | 30 - | 35 x 6 / 1 | | x 8 / 1 | | x 6 / 1 | | |
| *****Work Capacity Day***** | | | | | | | | |
| Friday | Vol = | 122 | A v | Vol = | 6.421 | | | |
| Olympic Complex 2 | | x 5 / 1 | | x 5 / 1 | | x 5 / 1 | Olympic Complex 2 | |
| Leg Complex | | x 5 / 1 | | x 5 / 1 | | x 5 / 1 | 1. High Pull Snatch | |
| 1/4 Squat - BNP | | x 5 / 1 | | x 5 / 1 | | x 5 / 1 | 2. Step Up | |
| RG Pull Down | | x 5 / 1 | | x 5 / 1 | | x 5 / 1 | 3. Drop Clean | |
| Triceps | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | Leg Complex | |
| Biceps | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | 1. Step Up | |
| Med Ball Ladder | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | 2. OH Split Squat | |
| Bike 30 Minutes | | x 8 / 1 | | x 8 / 1 | | x 8 / 1 | 3. SQ-Push Press | |
| | | | | | | | 4. Squat | |

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The Turbo *F.A.S.T.* Basic Deluxe Workout system is designed to help strength and conditioning professionals and fitness professionals efficiently design and print weekly individualized workout sheets for one or more athletes.

To begin:

1. Place the Turbo CD in your computer's CD-ROM drive.
2. Start your Microsoft® Excel Program.
 - Make sure your Macro security is set to "Medium" by:
 - i. Left Click "Tools" at top of program
 - ii. Scroll down the menu and Left Click "Macro"
 - iii. Left Click on "Security"
 - iv. Choose "Medium" and Click the "Okay" button
3. At the top left corner of your screen, click File and then choose Open.
 - Excel usually defaults to the "My Documents" folder. Your Turbo program is located on the CD-ROM. To find the CD-ROM drive:
 - i. Click the arrow on the drop-down box at the top of the box that popped up when you clicked File-Open.
 - ii. Choose the drive associated with your CD-ROM. It is usually, but not necessarily, denoted by the letters D or E.
4. When you find the CD-Rom drive, left-click on the CD-Rom drive letter. This will show you the Turbo file that is on the disk.
5. Double click the file labeled "Turbo_Basic_Deluxe".
6. Click "Enable Macros" if it shows up on your screen.

When you first open the file, you will be on the ***Workout Design*** page.

Important Things to Remember

1. **Pale Yellow Highlighted Cells** - When you are working with any aspect of the program, the cells with a pale yellow background are the cells where you can enter data.
2. **Bright Yellow Highlighted Cells** – Cells with a bright yellow background color are those containing a formula that may be copied. You will find these on the "W" spreadsheet as you design daily workouts.
3. **Cells with no background color** – These are protected cells. If you try to access or copy these cells, a message box will appear letting you know that *"the cell or chart that you are trying to change is protected and therefore read-only."*
4. **To copy data** from pale yellow or bright yellow cells from one area to another, use the Copy and Paste method. **DO NOT** use the Cut function.
5. **Saving your program** - Periodically saving your program as you work minimizes any data loss that can occur with an unexpected power loss or power surge.
 - a. At the top left corner of the program, click "File" and then choose "Save As"
 - b. Type a file name for your workout. Some examples of a name might be:
 - O_Line_Week1
 - Jenny_Weight_Loss_W1
 - Volleyball_OffSeason_Wk1
 - Joe_ACL_Rehab_W1
 - Football_OffSeason_2006_Week_1

You can name your files to be whatever you like. Once you have a new file name, you can quickly re-save that particular updated file by choosing (File – Save) or hitting Ctrl-s on your keyboard. **Be Careful!** *Using File – Save automatically overwrites the file. If you are editing a file and want to save it as a different name, then use File - Save As.*

To save a new workout file for the following weeks, use the File – Save As method and change the file name. To use the examples from above to save as the second week, we come up with:

- O_Line_Week2
- Jenny_Weight_Loss_W2
- Volleyball_OffSeason_Wk2
- Joe_ACL_Rehab_W2
- Football_OffSeason_2006_Week_2

A note about Microsoft Excel workbooks

Turbo *F.A.S.T.* Basic Deluxe Workout program is composed of three individual “spreadsheets”. Each spreadsheet is labeled by what looks like a folder tab at the bottom of the screen. Each tab has an abbreviated label to give you an idea about what information is contained in that sheet.

W = Workout Design

IW – Individual Work

Printout = Printout and data page (1 RM, core exercise abbreviations)

Each individual spreadsheet is made up of thousands of cells that contain data. You will notice at the top of the screen that the columns are labeled alphabetically going left to right. The rows are numbered numerically from top to bottom. This allows each individual cell to have its own “address”. So, if you are asked to look in cell C-27, then you would find the “C” column, and then go down the C column until you get to the 27th row. Simple!

The Cursor Box is what is how the spreadsheet lets you know where you are. If the cursor box is on cell C-3, then that cell will be outlined to let you know that you are working with that cell.



Now, let's get started!

Writing Daily Order of Exercise

At the top of the "W" spreadsheet, click the "Go Down to Design Area" button. It will take you down the spreadsheet to the Monday (or 1st workout of the week) design area. On row 74 you see "Monday". This is read from the top of sheet "W" where it is entered in cell A-6.

| Home | | Monday | | | | | | | | | | | | | |
|---------------------|--------|--------|--------|---------|--------|------|--------|-------|--------|---|--------|-------|--|--|--|
| 40 Yard strides x 6 | ##### | - | ##### | | ##### | - | ##### | | 110.0% | - | ##### | | | | |
| Hang Snatch | 45.0% | - | 50.0% | | 55.0% | - | 60.0% | | 65.0% | - | 70.0% | | | | |
| Series Hurdle Hops | | | | | | | | | | | | | | | |
| Overhead Step Up | | | | | | | | | | | | | | | |
| Bench Press | 40.0% | - | 45.0% | | 55.0% | - | 65.0% | | 70.0% | - | 75.0% | | | | |
| | 78.0% | - | 82.0% | | | | | | | | | | | | |
| Dumbbell Incline | 55.0% | - | 60.0% | | 65.0% | - | 70.0% | | 75.0% | - | 80.0% | | | | |
| Triceps on your own | | | | | | | | | | | | | | | |
| Abdominals | | | | | | | | | | | | | | | |
| 40 Yard strides x 6 | 6.2 | - | | | | | | | | | | | | | |
| Hang Snatch | 50 - | | 55 x | 4 / 1 | 60 - | | 65 x | 3 / 1 | 72.5 - | | 77.5 x | 3 / 1 | | | |
| | 82.5 - | | 87.5 x | 3 / 3 | | | | | | | | | | | |
| Series Hurdle Hops | | | BW | x 5 / 3 | | | | | | | | | | | |
| Overhead Step Up | | | | x 5 / 1 | | | | | | | | | | | |
| Bench Press | 115 - | | 130 x | 10 / 1 | 160 - | | 190 x | 8 / 1 | 205 - | | 220 x | 6 / 1 | | | |
| | 225 - | | 240 x | 4 / 3 | | | | | | | | | | | |
| Dumbbell Incline | 65 - | | 72.5 x | 6 / 1 | 77.5 - | | 82.5 x | 6 / 1 | 90 - | | | | | | |
| Triceps on your own | | | | x 8 / 1 | | | | | | | | | | | |
| Abdominals | | | | | | | | | | | | | | | |
| VOL = | | 133 | | AV = | | 4.93 | | | | | | | | | |

Enter percentages to correspond with appropriate exercise below.

75.0% produces 220 lbs for the Bench Press in this example.

Do not enter anything in the bright yellow cells. They are reading what you enter below in column A for your exercise order.

Enter the name of the exercises here in this section.

Enter the abbreviation for a core exercise that you like to use in calculating weight amounts from percentages. The abbreviation here corresponds with the exercise to be done on that particular row. For example, BP (Bench Press) is entered right now in this cell. If you change to another abbreviation, the program will automatically read the correct 1 RM that corresponds with that exercise. You know that because the cells in this column do not have a pale yellow background. If the word "Syntax" shows up in this cell, then the abbreviation entered does not match any abbreviation you entered on Row 99 of the Printout spreadsheet (see note below). Abbreviations are **NOT** case sensitive.

NOTE: The master data entry cells for core exercise abbreviations are on the "Printout" spreadsheet. You can define any abbreviation you want by clicking on the "Printout" spreadsheet tab and going down to cells D-99, I-99, M-99, P-99, and R-99.

Blanks, Percents for 1RM, Adjusted 1 RM, and Rounding the 1 RM

| Home | | | | | | | | | | Monday | | | | | NOTES | | | | | |
|---------------------|-------|---|--------|---------|------|---|--------|-------|------|-----------|--------|-------|----|-------|-------|-----|-----|--|--|--|
| 40 Yard strides x 6 | ##### | - | ##### | | | | | | | | | | | | | | | | | |
| Hang Snatch | 45.0% | - | 50.0% | | | | | | | | | | | | | | | | | |
| | 75.0% | - | 80.0% | | | | | | | | | | | | | | | | | |
| Series Hurdle Hops | | | | | | | | | | | | | | | | | | | | |
| Overhead Step Up | | | | | | | | | | | | | | | | | | | | |
| Bench Press | 40.0% | - | 45.0% | | | | | | | | | | | | | | | | | |
| | 78.0% | - | 82.0% | | | | | | | | | | | | | | | | | |
| Dumbbell Incline | 55.0% | - | 60.0% | | | | | | | | | | | | | | | | | |
| Triceps on your own | | | | | | | | | | | | | | | | | | | | |
| Abdominals | | | | | | | | | | | | | | | | | | | | |
| 40 Yard strides x 6 | 6.2 | - | 6 x | 1 / 1 | 5.5 | - | 5.3 x | 1 / 1 | 5.1 | - | 4.8 x | 4 / 1 | 40 | 4.6 | 100% | 4.6 | 0.1 | | | |
| Hang Snatch | 50 | - | 55 x | 4 / 1 | 60 | - | 65 x | 3 / 1 | 72.5 | - | 77.5 x | 3 / 1 | 40 | 4.6 | 100% | 4.6 | 0.1 | | | |
| | 82.5 | - | 87.5 x | 3 / 3 | | | | | | | | | sn | 110.0 | 100% | 110 | 2.5 | | | |
| Series Hurdle Hops | | | BW | x 5 / 3 | | | | | | | | | sn | 110.0 | 100% | 110 | 1 | | | |
| Overhead Step Up | | | | x 5 / 1 | | | | | | | | | SQ | 500.0 | 100% | 500 | 1 | | | |
| Bench Press | 115 | - | 130 x | 10 / 1 | 160 | - | 190 x | 8 / 1 | 205 | - | 220 x | 6 / 1 | BP | 290.0 | 100% | 290 | 5 | | | |
| | 225 | - | 240 x | 4 / 3 | | | | | | | | | BP | 290.0 | 100% | 290 | 5 | | | |
| Dumbbell Incline | 65 | - | 72.5 x | 6 / 1 | 77.5 | - | 82.5 x | 6 / 1 | 90 | - | | | BP | 290.0 | 41% | 120 | 2.5 | | | |
| Triceps on your own | | | | x 8 / 1 | | | | | | | | | BP | 290.0 | 70% | 203 | 1 | | | |
| | | | | | | | | | | | | | BP | 290.0 | 100% | 290 | 1 | | | |
| Abdominals | | | | | | | | | | | | | BP | 290.0 | 100% | 290 | 1 | | | |
| VOL = 133 | | | | | | | | | | AV = 4.93 | | | | | | | | | | |

Enter the adjusted percentage (Adj %) in column Y. In this column, you can "adjust" a 1 RM to use for different exercises if you so choose. For example, you can use an adjusted Squat (SQ) max to calculate weight amounts for a Step Up. The program automatically calculates the Adjusted 1 RM (Adj 1 RM) in column Z.

Reps, and **Sets**

1. Enter reps in the appropriate columns (Columns E, M, and R).
2. Enter sets in the appropriate columns (Columns H, O, and V).

The daily volume and average volume will calculate automatically for you and are displayed at the bottom of each day (row 107 for Monday).

Enter Blanks or Formulas

To create a blank for clients or athletes to enter data when not using percentages (columns D, K, and R):

1. Delete the formulas that need to be deleted. Don't worry. You can paste formulas back at any time from any other cell that contains a formula. *If you delete all formulas and then want to start using them again, you can copy and paste the "spare formulas" that are provided for you in cells B-185 through D-185.*
2. Enter ____ (underscore key for 4 times). You now have a blank!

To enter a formula range that uses percentages of a 1 RM

1. Go to a cell range that already has a formula (or go down to cell B-185 through D-185)
2. Copy the 3 cells if you want to use a percentage range for your athletes. If you do not want to use a range, then copy only the formula from cell D185.
3. Paste the formula in the target cell. If the formula does not produce a number, don't panic. This means you just need to enter a corresponding percentage for the formula to use. For example, the formula in cell B-97 reads from the percentage entered in cell B-85.

In column AA, you tell the program how you want to round the weight amounts or times. For example, this coach is using 2.5 for kilograms, 5 for plates, or 10 for selectorized machines. Any number (1 or above) will do. It's your choice!

Copying Daily Workouts

You can copy an entire day's data to another day (you will notice that all of the main cells on each day are either pale yellow (data entry or calculation formulas) or bright yellow ("read" formulas) that can be copied and pasted. For example, to copy Monday's workout down to Thursday:

1. Left-Click your mouse on cell A-83.
2. While keeping the left button depressed, drag the mouse down and to the right until you have highlighted the whole area down and over to cell AA-106.
3. Right-Click on the highlighted area and choose Copy.
4. Scroll down to the Thursday section.
5. Right-click on cell A-135 and choose Paste. **Done!**

*******Decide you didn't want to do that? No worries, at the top menu click "Edit", then "Undo Paste" and it will undo it for you. ******

Individual Work

A powerful feature on the Basic Deluxe program is Individual Work. This is a great opportunity to add extra individualized activities for your athletes based on need. Maybe you have an athlete who needs extra core work, fat burning activities, etc. When each weekly workout is printed, the individual work shows up on the last four rows of each day.

| Week 1 | Monday | Individual Work |
|--------|---|-----------------|
| IW 1 | Weight Loss | |
| | Stair Master - 20 minutes | |
| | | |
| | | |
| IW 2 | Standup | |
| | Extra: Dips x 10/3 | |
| | M1-2 | |
| | M1-3 | |
| | M1-4 | |
| IW 3 | Standup | |
| | | |
| | | |
| | | |
| IW 4 | Shoulders | |
| | Plate Internal/External Rotation x 12/3 | |
| | Extra: Plate Punches 45lb x 12/3 | |
| | | |
| | | |

Copying Individual Work from Day to Day within the same Week

You can copy an entire range of Individual Work from 1 day to another. For example, to copy of all Tuesday to Thursday within Week 1 (I1 Spreadsheet):

1. Left-Click your mouse on cell X-2.
2. While keeping the left button depressed, drag the mouse down and to the right until you have highlighted the whole area down and over to cell AS-63.
 - a. Notice that all of this area is either pale or bright yellow, so you can copy freely.
3. Right-Click on the highlighted area and choose Copy.
4. Scroll to the right to get to Thursday.
5. Right-click on cell AU-2 and choose Paste. **Done!**

Enter Athlete Data and Print Daily Workouts (Sheet Printout)

Enter **abbreviations** for core exercises. When you enter it here, the whole program recognizes it. These are only limited by your imagination.

| NAME | POS | PC | SQ | IW | BP | 40 | SN |
|--------------|-------|-------|-------|----|-------|-------|-------|
| SAMPLE | Coach | 100.0 | 100.0 | 1 | 100.0 | 100.0 | 100.0 |
| John Monster | OL | 150.0 | 530.0 | 1 | 400.0 | 5.2 | 115.0 |

1. Click the "Printout" spreadsheet tab
2. Click the "Go to Data/Print Section"
3. Enter the athlete/client names in Column A
4. Enter the 1 RM (one rep maximum) for each core exercise in the appropriate columns.
 - Remember that you can customize these core exercise abbreviations to fit your needs. Some other creative examples of measured 1 RM include:
 - HR = Heart Rate Max
 - Give your client a specific target heart rate range from their max heart rate.
 - 40 = 40 yard dash time
 - Project goal 100 yard tempo strides based on 40 times.
 - M = Mile Time
 - Prescribe pace times based on this number

Printing Workouts

1. Enter the number of programs to print in cell B-90.
2. Place the cursor box only on the name of the first athlete to print. **DO NOT** highlight the whole row of data for the athlete.
3. Click the "Print Programs" Button. The program will automatically individualize and print all of the programs for you.

FAQ's

1. The program defaults to a 4-day workout system. How do I print a 1 day, 2-day, or 3-day program?
You can easily print 1, 2, 3 or 4 day formats. Let's use a 3-day printout as an example:
 - a. Delete all information in the pale yellow cells for the 4th day on Spreadsheet W.
 - i. Delete the name of the day in Cell A-54
 - ii. Go down to Cell A-183. Delete all of the data in the pale yellow cells
 - b. Delete All information from the 4th day on the Individual Work (IW) page
2. Do my core exercise abbreviations have to be two characters? For example, for Bench Press can I use the abbreviation of "BPr"?
 - a. You can create any abbreviation you like by using letters, numbers, and/or symbols.
 - b. You can use more than 2 or less than 2 characters. "BPr" would work just fine.
 - c. Abbreviations are not case sensitive.
3. What if I only want to use 3 Core Exercises? Can I prevent the other two from showing up on a printout?
 - a. Sure! If you do not enter anything in a core exercise abbreviation cell, it will not show up anywhere in the program

Sample Individualized Weekly Workout Sheet

| Sample | None | | | | | | DATE: 5/8/07 | Comments |
|-----------------------------|---------------------|-----------------|-------|---------------|-------|-------|---------------------------|----------|
| | PC | SQ | IW | BP | 40 | SN | | |
| | 100.0 | 100.0 | 1 | 100.0 | 4.6 | 100.0 | | |
| *****Speed Day***** | | | | | | | | |
| Monday | Vol = 133 | A v Vol = 4.926 | | | | | | |
| 40 Yard strides x 6 | 6.2 - 6 x 1 / 1 | 5.5 - 5.3 x | 1 / 1 | 5.1 - 4.8 x | 4 / 1 | 1 | Relaxed acceleration | |
| Hang Snatch | 45 - 50 x 4 / 1 | 55 - 60 x | 3 / 1 | 65 - 70 x | 3 / 1 | 1 | Hurdles at 24 inches | |
| | 75 - 80 x 3 / 3 | | | | | | | |
| Series Hurdle Hops | BW x 5 / 3 | | | | | | | |
| Overhead Step Up | | | | | | | | |
| Bench Press | 115 - 130 x 10 / 1 | 160 - 190 x | 8 / 1 | 205 - 220 x | 6 / 1 | 1 | | |
| | 225 - 240 x 4 / 3 | | | | | | | |
| Dumbbell Incline | 65 - 72.5 x 6 / 1 | 77.5 - 82.5 x | 6 / 1 | 90 - ___ x | 6 / 1 | 1 | | |
| Triceps on your own | ___ x 8 / 1 | ___ x | 8 / 1 | ___ x | 8 / 1 | 1 | 5. Curl and Press | |
| Abdominals | | | | | | | | |
| Stair Master - 20 minutes | | | | | | | | |
| *****Strength Day***** | | | | | | | | |
| Tuesday | Vol = 103 | A v Vol = 5.421 | | | | | | |
| Olympic Complex | ___ x 5 / 1 | ___ x | 5 / 1 | ___ x | 5 / 1 | 1 | ***Olympic Bar Complex*** | |
| Squat | 35 - 40 x 8 / 1 | 45 - 50 x | 6 / 1 | 55 - 60 x | 4 / 1 | 1 | 1. Muscle Clean x 5 | |
| | 70 - 75 x 4 / 1 | 78 - 82 x | 4 / 3 | | | | 2. Upright Row x 5 | |
| Stand Alt. DB Press | ___ x 8 / 1 | ___ x | 8 / 1 | ___ x | 8 / 1 | 1 | 3. Clean and Press x 5 | |
| DB Shoulder Complex | ___ x 5 / 1 | ___ x | 5 / 1 | ___ x | 5 / 1 | 1 | 4. Squat x 5 | |
| Pull Ups | Reg x 5 / 1 | Wide x | 5 / 1 | Chin x | 5 / 1 | 1 | **DB Shoulder Complex** | |
| Med Ball Core | | | | | | | | |
| Bike 30 Minutes | | | | | | | | |
| *****Power Day***** | | | | | | | | |
| Thursday | Vol = 143 | A v Vol = 5.107 | | | | | | |
| Power Clean | 40 - 50 x 5 / 1 | 55 - 60 x | 4 / 1 | 65 - 70 x | 3 / 1 | 1 | | |
| | 75 - 80 x 3 / 1 | 70 - 75 x | 3 / 1 | 77.5 - 82.5 x | 3 / 1 | 1 | | |
| | 72.5 - 77.5 x 3 / 1 | 85 - 87.5 x | 3 / 1 | | | | | |
| Squat-Push Press | ___ x 6 / 1 | ___ x | 5 / 1 | ___ x | 4 / 1 | 1 | | |
| | ___ x 4 / 1 | ___ x | 4 / 1 | | | | | |
| Box Jump | BW x 5 / 3 | | | | | | | |
| Incline Press | 40 - 45 x 10 / 1 | 55 - 65 x | 8 / 1 | 70 - 75 x | 6 / 1 | 1 | | |
| | 60 - 60 x 4 / 3 | | | | | | | |
| DB Bench | 30 - 35 x 6 / 1 | 35 - 40 x | 6 / 1 | 40 - ___ x | 6 / 1 | 1 | | |
| Weighted Dips | ___ x 10 / 1 | ___ x | 8 / 1 | ___ x | 6 / 1 | 1 | | |
| Physio Ball Routine | | | | | | | | |
| Elliptical 20 minutes | | | | | | | | |
| *****Work Capacity Day***** | | | | | | | | |
| Friday | Vol = 122 | A v Vol = 6.421 | | | | | | |
| Olympic Complex 2 | ___ x 5 / 1 | ___ x | 5 / 1 | ___ x | 5 / 1 | 1 | Olympic Complex 2 | |
| Leg Complex | ___ x 5 / 1 | ___ x | 5 / 1 | ___ x | 5 / 1 | 1 | 1. High Pull Snatch | |
| 1/4 Squat - BNP | ___ x 5 / 1 | ___ x | 5 / 1 | ___ x | 5 / 1 | 1 | 2. Step Up | |
| | ___ x 5 / 1 | | | | | | 3. Drop Clean | |
| RG Pull Down | ___ x 8 / 1 | ___ x | 8 / 1 | ___ x | 8 / 1 | 1 | Leg Complex | |
| Triceps | ___ x 8 / 1 | ___ x | 8 / 1 | ___ x | 8 / 1 | 1 | 1. Step Up | |
| Biceps | ___ x 8 / 1 | ___ x | 8 / 1 | ___ x | 8 / 1 | 1 | 2. OH Split Squat | |
| | | | | | | | 3. SQ-Push Press | |
| | | | | | | | 4. Squat | |
| Med Ball Ladder | | | | | | | | |
| Bike 30 Minutes | | | | | | | | |

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