

Frequency:

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APX

Lower Relative Strength, Function & Power

Anaerobic AES @ :60 / :150

Accumulation 2.1

Week	Exercises	Sets	E-Is-C-Ic	Reps	Rest	Date	W	R	W	R	W	R	W	R	W	R	Date	W	R	W	R	W	R	W	R	W	R	W	R		
A1	Olympic Squat Bulgarian Clusterization					NOTE: Perform 2RM @ 80-90%, Rest :10, Perform additional sets as required																									
	1 & 2	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	3 & 4	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	5	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
A2	Swiss Ball Reverse Hyper					NOTE: Search for functional stretch, stop motor pattern when back begins to eclipse prone level																									
	1 & 2	3 to 5	2-2-X-2	(4-6)	150																										
	3 & 4	3 to 5	2-2-X-2	(4-6)	150																										
	5	3 to 5	2-2-X-2	(4-6)	150																										
B1	Snatch FFE Orange Band SS					NOTE: Hami-to-Gastroc																									
	1 & 2	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	3 & 4	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	5	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
B2	Isolateral Swiss Ball Hami Curl					NOTE:																									
	1 & 2	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	3 & 4	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
	5	3 to 5	2-0-X-1	(5s/4s/3s/2s/1s)	90																										
C1	Czech Strongman Walk					NOTE: 10y Forward, 10y Backward, repeat 4x's more																									
	1 & 2	3 to 5	X-X-X-X	(100y / 10s)	60																										
	3 & 4	3 to 5	X-X-X-X	(100y / 10s)	60																										
	5	3 to 5	X-X-X-X	(100y / 10s)	60																										
C2	Terminal Knee Extension					NOTE:																									
	1 & 2	3 to 5	3-3-3-3	(3s/2s/1s)	60																										
	3 & 4	3 to 5	3-3-3-3	(3s/2s/1s)	60																										
	5	3 to 5	3-3-3-3	(3s/2s/1s)	60																										
D1	Band-Quad Hami					NOTE:																									
	1 & 2	2 or 3	X-X-X-X	(:10s)	60																										
	3 & 4	2 or 3	X-X-X-X	(:10s)	60																										
	5	2 or 3	X-X-X-X	(:10s)	60																										