

MOVEMENT

OVER

MAXES

Templates

Foundation Template for Positions Block

Positions Block		
MOVEMENT		S / R
	Athletic Position Progressions	5-7 min
	A-Skip Series	5-7 min
	<i>Forward x10 yds ea</i>	
STRENGTH		S / R
1	Squat Pattern	10-15 min
	<i>Corner Squat</i>	5 reps
2	Hip Hinge Pattern	10-15 min
	<i>Wall Touches</i>	5 reps
3A	Upper Body Pull Pattern	5-10 min
	<i>Elevated Barbell Reverse Pull-up</i>	5-8 reps
3B	Upper Body Push Pattern	
	<i>Eccentric Lowering Push-up</i>	5-8 reps
	ISO Core Series + SL Pattern	
4A	<i>Front ISO Abs</i>	30+ sec
4B	<i>Side ISO Abs</i>	20+ sec ea
4C	<i>ISO Hip Raise</i>	30+ sec
4D	<i>ISO Lunge</i>	10+ sec ea
5	Y / T / C / ER / Elevated Scap Push-up	2x10 ea

Foundation Template Patterning Block Example for High Days

ATHLETE:		Patterning High Day									WEEK:				
MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT			Wk 1	Wk 2	Wk 3
WU	AP / Snapdown Progressions	5 min			WU	AP / Snapdown Progressions	5 min			WU	AP / Snapdown Progressions	5 min			
WU	A-Skip Series	5 min			WU	A-Skip Series	5 min			WU	A-Skip Series	5 min			
	Buildups	<150 yds				Buildups	<150 yds				Buildups	<150 yds			
STRENGTH		S / R	S / R	S / R	STRENGTH		S / R	S / R	S / R	STRENGTH			S / R	S / R	S / R
1	Front Squat	3x5	4x5	5x5	1	Front Squat	3x5	4x5	5x5	1	Front Squat	3x5	4x5	5x5	
	<i>RPE 6-8</i>					<i>RPE 6-8</i>					<i>RPE 6-8</i>				
	<i>Start light and bump up each set according to feel</i>					<i>Start light and bump up each set according to feel</i>					<i>Start light and bump up each set according to feel</i>				
2	Barbell RDL	3x5	4x5	5x5	2	Barbell RDL	3x5	4x5	5x5	2	Barbell RDL	3x5	4x5	5x5	
	<i>RPE 6-8</i>					<i>RPE 6-8</i>					<i>RPE 6-8</i>				
	<i>Start light and bump up each set according to feel</i>					<i>Start light and bump up each set according to feel</i>					<i>Start light and bump up each set according to feel</i>				
3A	Reverse Pull-ups on Bar	8-20	8-20	8-20	3A	Reverse Pull-ups on Bar	8-20	8-20	8-20	3A	Reverse Pull-ups on Bar	8-20	8-20	8-20	
3B	Hand Pick-up Push-ups	8-20	8-20	8-20	3B	Hand Pick-up Push-ups	8-20	8-20	8-20	3B	Hand Pick-up Push-ups	8-20	8-20	8-20	
	<i>2-4 times thru circuit</i>					<i>2-4 times thru circuit</i>					<i>2-4 times thru circuit</i>				
4A	Front ISO Abs w/ Weight	30-60s	30-60s	30-60s	4A	Front ISO Abs w/ Weight	30-60s	30-60s	30-60s	4A	Front ISO Abs w/ Weight	30-60s	30-60s	30-60s	
4B	Side ISO Abs w/ Weight	30-60s	30-60s	30-60s	4B	Side ISO Abs w/ Weight	30-60s	30-60s	30-60s	4B	Side ISO Abs w/ Weight	30-60s	30-60s	30-60s	
4C	ISO Hip Raise w/ Weight	30-60s	30-60s	30-60s	4C	ISO Hip Raise w/ Weight	30-60s	30-60s	30-60s	4C	ISO Hip Raise w/ Weight	30-60s	30-60s	30-60s	
4D	ISO Lunge	20-30s	20-30s	20-30s	4D	ISO Lunge	20-30s	20-30s	20-30s	4D	ISO Lunge	20-30s	20-30s	20-30s	
	<i>2-3 times thru circuit</i>					<i>2-3 times thru circuit</i>					<i>2-3 times thru circuit</i>				
5	Y / T / C / ER	2x10	2x10	2x10	5	Y / T / C / ER	2x10	2x10	2x10	5	Y / T / C / ER	2x10	2x10	2x10	

Foundation Template for Patterning Block Example for Low Days

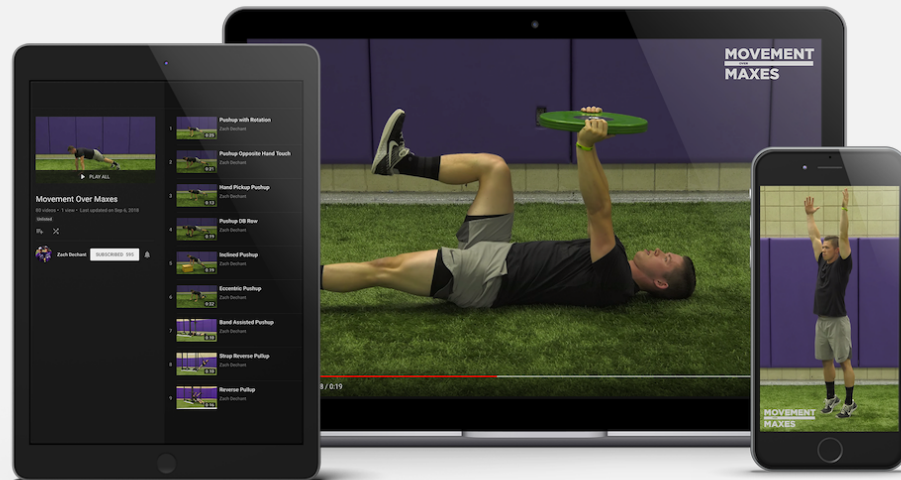
ATHLETE:					Patterning Low Day		WEEK:		
MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT		Wk 1	Wk 2	Wk 3
WU	AP / Snapdown Progressions	<5 min			WU	AP / Snapdown Progressions	<5 min		
WU	A-Skip Series	<5 min			WU	A-Skip Series	<5 min		
STRENGTH		S / R	S / R	S / R	STRENGTH		S / R	S / R	S / R
1A	DB Goblet Squat	20	20	20	1A	DB Goblet Squat	15	15	15
	<i>RPE <5</i>					<i>RPE <5</i>			
	<i>Rest 1:1 ratio between movements</i>					<i>Rest 1:1 ratio between movements</i>			
1B	Reverse Pull-ups on Bar	10	10	10	1B	Reverse Pull-ups on Bar	7	7	7
	<i>2 times thru circuit</i>					<i>3 times thru circuit</i>			
2A	DB RDL	20	20	20	2A	DB RDL	15	15	15
	<i>RPE <5</i>					<i>RPE <5</i>			
	<i>Rest 1:1 ratio between movements</i>					<i>Rest 1:1 ratio between movements</i>			
2B	Y / T / C / ER Variation	10	10	10	2B	Y / T / C / ER Variation	10	10	10
	<i>(Push-up eliminated on low days)</i>					<i>(Push-up eliminated on low days)</i>			
	<i>2 times thru circuit</i>					<i>3 times thru circuit</i>			
3A	Alt ISO Abs	5e	5e	5e	3A	Alt ISO Abs	5e	5e	5e
3B	Hip Raise	10	10	10	3B	Hip Raise	10	10	10
3C	Reverse Lunge (Bodyweight)	10e	10e	10e	3C	Reverse Lunge (Bodyweight)	10e	10e	10e
	<i>No rest between circuits</i>					<i>No rest between circuits</i>			
	<i>2-3 times thru circuit</i>					<i>2-3 times thru circuit</i>			
4	Elevated Scap Push-up	2x10	2x10	2x10	4	Elevated Scap Push-up	2x10	2x10	2x10

Foundation Template for Performance Block Example

ATHLETE:		Performance Block						WEEK:								
MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT			Wk 1	Wk 2	Wk 3	MOVEMENT			Wk 1	Wk 2	Wk 3
WU	Snapdown Progression	<5 min			WU	Snapdown Progression	<5 min			WU	Snapdown Progression	<5 min				
WU	A-Skip Series	<5 min			WU	A-Skip Series	<5 min			WU	A-Skip Series	<5 min				
	Speed / Acceleration	>150 yds				Speed / Acceleration	150-250 yds				Speed / Acceleration	<150 yds				
STRENGTH		S / R	S / R	S / R	STRENGTH			S / R	S / R	S / R	STRENGTH			S / R	S / R	S / R
1	Front Squat	4x5 RPE 8	2x5 3x4 RPE 9	2x5 2x4 2x3 RPE 9-10	1	DB Goblet Squat	2x20 RPE <5	2x20 RPE <5	2x20 RPE <5	1	Front Squat	3x10 RPE 6	3x10 RPE 6-7	3x10 RPE 7		
2	DB RDL	2x20 RPE <5	2x20 RPE <5	2x20 RPE <5	2	Barbell RDL	4x5 RPE 8	4x5 RPE 8-9	4x5 RPE 9	2	Barbell RDL	3x10 RPE 6	3x10 RPE 6-7	3x10 RPE 7		
3A	Reverse Pull-ups <i>(Use Tempo or Loaded Mvmnt)</i>	2x15	2x15	2x15	3A	Reverse Pull-ups <i>(Use Tempo or Loaded Mvmnt)</i>	4x5	4x5	4x5	3A	Reverse Pull-ups <i>(Use Tempo or Loaded Mvmnt)</i>	3x10	3x10	3x10		
3B	Hand Pick-up Push-ups <i>(Loaded or Advanced Mvmnt)</i>	4x5	4x5	4x5	3B	Can replace high vol push-ups w/ scapula / rotator cuff				3B	Hand Pick-up Push-ups <i>(Loaded or Advanced Mvmnt)</i>	3x10	3x10	3x10		
4A	Alt ISO Abs	10e	10e	10e	4A	Front ISO Abs w/ WT	30s	30s	30s	4A	Alt ISO Abs	10e	10e	10e		
4B	ISO Hip Raise w/ WT	60s	60s	60s	4B	Alt ISO Hip Raise	10e	10e	10e	4B	ISO Hip Raise w/ WT	60s	60s	60s		
4C	DB Reverse Lunge	10e	10e	10e	4C	ISO Lunge	20sec	20sec	20sec	4C	DB Reverse Lunge	10e	10e	10e		
		<i>3 times thru circuit</i>					<i>4 times thru circuit</i>					<i>2 times thru circuit</i>				
5	Y / T / C / ER on Incline	2x10e	2x10e	2x10e	5	Y / T / C / ER on Incline	2x10e	2x10e	2x10e	5	Y / T / C / ER on Incline	2x10e	2x10e	2x10e		

Streamlined Template for Performance Block Example

ATHLETE:		Performance Block						WEEK:						
MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT		Wk 1	Wk 2	Wk 3	MOVEMENT		Wk 1	Wk 2	Wk 3
WU	Snapdown Progression	<5 min			WU	Snapdown Progression	<5 min			WU	Snapdown Progression	<5 min		
WU	A-Skip Series	<5 min			WU	A-Skip Series	<5 min			WU	A-Skip Series	<5 min		
	Speed / Acceleration	>150 yds				Speed / Acceleration	150-250 yds				Speed / Acceleration	<150 yds		
STRENGTH		S / R	S / R	S / R	STRENGTH		S / R	S / R	S / R	STRENGTH		S / R	S / R	S / R
1	Front Squat	4x5	2x5	2x5	1	DB Front Squat	2x20	2x20	2x20	1	Front Squat	3x10	3x10	3x10
		RPE 8	3x4	2x4			RPE <5	RPE <5	RPE <5			RPE 6	RPE 6-7	RPE 7
			RPE 9	2x3										
				RPE 9-10										
2A	DB RDL	2x20	2x20	2x20	2A	Barbell RDL	4x5	4x5	4x5	2A	Barbell RDL	3x10	3x10	3x10
		RPE <5	RPE <5	RPE <5			RPE 8	RPE 8-9	RPE 9			RPE 6	RPE 6-7	RPE 7
2B	Reverse Pull-ups	2x15	2x15	2x15	2B	Reverse Pull-ups	4x5	4x5	4x5	2B	Reverse Pull-ups	3x10	3x10	3x10
3A	Hand Pick-up Push-ups	5	5	5	3A	Front ISO Abs w/ WT	30s	30s	30s	3A	Hand Pick-up Push-ups	10	10	10
3B	Alt ISO Abs	10e	10e	10e	3B	Alt ISO Hip Raise	10e	10e	10e	3B	Alt ISO Abs	10e	10e	10e
3C	DB Reverse Lunge	10e	10e	10e	3C	ISO Lunge	20sec	20sec	20sec	3C	DB Reverse Lunge	10e	10e	10e
		<i>3 times thru circuit</i>					<i>4 times thru circuit</i>					<i>2 times thru circuit</i>		
4	Y / T / C / ER on Incline	2x10e	2x10e	2x10e	4	Y / T / C / ER on Incline	2x10e	2x10e	2x10e	4	Y / T / C / ER on Incline	2x10e	2x10e	2x10e



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