

Mladen Jovanovic

SPORT																		PHASE	
Weekly Structure																		PROGRAM	
PRE ACTIVITY PREPARATION																			
WARM UP 1 Foam Roll 10' <small>Foam Roll: calves, hamstring, glutes, low and upper back, mobilize upper back, lats, ITB, quads, groin and traps. Add lacrosse ball if needed</small>		WARM UP 2 Ground based mobility #1 <small>All-four: Cat-Camel, rocking, donkey kicks, hydrant, hip circles, diagonal lift, push-up plus, yoga push-up, ankles, groin, hip flexors Back: knee fall outs, internal rotation, hip bridge, knee push, leg swings, cross-overs, leg lowers, curls Side: adduction, abduction, star exercise Stomach: scorpion, knee to armpit, superman</small>				WARM UP 3 Barbell Warm-up #1 <small>Do 5-10 reps on each exercise: Shrug + on toes, High Pull, RDL, Row, Front squat, Curl and Press, Overhead Squat, Good Morning, Split Squat, Push-ups, (?)Pull-ups, Side bend, Sumo Squat, Deadlifts, Suitcase Deadlifts</small>				WARM UP 1 Joint circles <small>head rotations, shoulder rotations, elbows and wrists. PNF diagonals, arm circles, hip circles, leg circles, knee circles, ankle circles, wide legs mobility, Kozak stretch, yoga push-up + Ankle + Elbow 2 ground, split squat, SLRDL, single leg squat, deep squat stretch</small>		WARM UP 2 KB Circuit #1 <small>Do 5-10 reps on each exercise Around the body & head circuits, Goblet squat, push-ups, row, split squat, press, SLRDL, Hip flex, lateral split squat, swings, renegade row, KB curl/Turkish Get-up</small>				WARM UP 3			
Monday		Week 1				Week 2				Week 3				Week 4					
Date																			
Session A		%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done		
Tier 1	Snatch																		
	Joe Kenn Olympic 85%					65%	45.0	2		70%	50.0	1							
		60%	42.5	2		70%	50.0	2		75%	52.5	1							
		65%	45.0	2		75%	52.5	2		80%	55.0	1		63%	45.0	2			
		70%	50.0	2		80%	55.0	4		85%	60.0	2		68%	47.5	2			
		75%	52.5	4		80%	55.0	4		85%	60.0	2		73%	50.0	2			
	75%	52.5	4		80%	55.0	4		85%	60.0	2		78%	55.0	2				
Tier 2	Front Squat																		
	Constant Step 5x5																		
		39%	47.5	5		41%	50.0	5		43%	52.5	5		46%	55.0	5			
		49%	60.0	5		51%	60.0	5		53%	62.5	5		56%	67.5	5			
		59%	70.0	5		61%	72.5	5		63%	75.0	5		66%	80.0	5			
		69%	82.5	5		71%	85.0	5		73%	87.5	5		76%	90.0	5			
	79%	95.0	5		81%	97.5	5		83%	100.0	5		86%	102.5	5				
Tier 3	Romanian Deadlift																		
	Constant Step 4x10	40%	45.0	10		41%	45.0	10		43%	47.5	10		45%	50.0	10			
		50%	55.0	10		51%	57.5	10		53%	60.0	10		55%	62.5	10			
		60%	67.5	10		61%	67.5	10		63%	70.0	10		65%	72.5	10			
		70%	77.5	10		71%	80.0	10		73%	82.5	10		75%	85.0	10			
Tier 4	Box Squat 1-Leg																		
Tier 5	Hip Thrust 1-Leg (Bench)																		
Prehab	Palloff Press																		
Notes		Tempo runs @ inclined treadmill 2x10x15:45																	
		Cardio 20-30min																	

		PRE ACTIVITY PREPARATION																			
		WARM UP 1				WARM UP 2				WARM UP 3											
		Foam Roll 10'				Ground based mobility #1															
		Foam Roll: calves, hamstring, glutes, low and upper back, mobilize upper back, lats, ITB, quads, groin and traps.				All-four: Cat-Camel, rocking, donkey kicks, hydrant, hip circles, diagonal lift, push-up plus, yoga push-up, ankles, groin, hip flexors				Back: knee fall outs, internal rotation, hip bridge, knee push, leg swings, cross-overs, leg lowers, curls Side: adduction, abduction, star exercise Stomach: scorpion, knee to armpit, superman											
		Add lacrosse ball if needed																			
		Thursday				Week 1				Week 2				Week 3				Week 4			
		Date																			
		Session C				%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
Tier 1	Clean	Joe Kenn Olympic 85%																			
						65%	65.0	2		70%	70.0	1									
		60%	60.0	2		70%	70.0	2		75%	75.0	1									
		65%	65.0	2		75%	75.0	2		80%	80.0	1		63%	62.5	2					
		70%	70.0	2		80%	80.0	4		85%	85.0	2		68%	67.5	2					
		75%	75.0	4		80%	80.0	4		85%	85.0	2		73%	72.5	2					
		75%	75.0	4		80%	80.0	4		85%	85.0	2		78%	77.5	2					
Tier 2	Deadlift	Constant Step 5x5																			
		39%	62.5	5		41%	65.0	5		43%	70.0	5		46%	72.5	5					
		49%	77.5	5		51%	82.5	5		53%	85.0	5		56%	90.0	5					
		59%	95.0	5		61%	97.5	5		63%	100.0	5		66%	105.0	5					
		69%	110.0	5		71%	112.5	5		73%	117.5	5		76%	122.5	5					
		79%	127.5	5		81%	130.0	5		83%	132.5	5		86%	137.5	5					
Tier 3	Glute Bridge (Floor)	Constant Step 4x10																			
		40%	47.5	10		41%	50.0	10		43%	52.5	10		45%	55.0	10					
		50%	60.0	10		51%	60.0	10		53%	62.5	10		55%	65.0	10					
		60%	72.5	10		61%	72.5	10		63%	75.0	10		65%	77.5	10					
		70%	82.5	10		71%	85.0	10		73%	87.5	10		75%	90.0	10					
Tier 4	DB Lunges	Constant Step 4x10																			
		40%	12.5	10		41%	15.0	10		43%	15.0	10		45%	15.0	10					
		50%	17.5	10		51%	17.5	10		53%	17.5	10		55%	17.5	10					
		60%	20.0	10		61%	20.0	10		63%	22.5	10		65%	22.5	10					
		70%	22.5	10		71%	25.0	10		73%	25.0	10		75%	25.0	10					
Tier 5	Cable Chop																				
Prehab	Shoulder External Rotation																				
Notes	Baker runs @ inclined treadmill 2x12x30:15																				

		PRE ACTIVITY PREPARATION																			
		WARM UP 1				WARM UP 2				WARM UP 3											
		Joint circles				KB Circuit #1															
		head rotations, shoulder rotations, elbows and wrists, PNF diagonals, arm circles, hip circles, leg circles, knee circles, ankle circles, wide legs mobility, Kozak stretch, yoga push-up + Ankles + Elbow 2 ground, split squat, SLRDL, single leg squat, deep squat stretch				Do 5-10 reps on each exercise				Around the body & head circuits, Goblet squat, push-ups, row, split squat, press, SLRDL, Hip flex, lateral split squat, swings, renegade row, KB curl/Turkish Get-up											
		Friday				Week 1				Week 2				Week 3				Week 4			
		Date																			
		Session D				%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
Tier 1	MB Standing Throw																				
Tier 2	Military Press	Constant Step 5x5																			
		39%	22.5	5		41%	25.0	5		43%	25.0	5		46%	27.5	5					
		49%	30.0	5		51%	30.0	5		53%	32.5	5		56%	32.5	5					
		59%	35.0	5		61%	37.5	5		63%	37.5	5		66%	40.0	5					
		69%	42.5	5		71%	42.5	5		73%	45.0	5		76%	45.0	5					
		79%	47.5	5		81%	47.5	5		83%	50.0	5		86%	52.5	5					
Tier 3	Bar Pull Ups (Pronated)	Constant Step 5x5																			
		39%	-42.5	5		41%	-40.0	5		43%	-37.5	5		46%	-32.5	5					
		49%	-30.0	5		51%	-25.0	5		53%	-22.5	5		56%	-20.0	5					
		59%	-15.0	5		61%	-12.5	5		63%	-10.0	5		66%	-5.0	5					
		69%	-2.5	5		71%	0.0	5		73%	2.5	5		76%	7.5	5					
		79%	12.5	5		81%	15.0	5		83%	17.5	5		86%	20.0	5					
Tier 4	Ring PushUps (Normal)	Constant Plateau 4x10																			
		57%	0.0	5		58%	0.0	5		60%	2.5	5		61%	5.0	5					
		67%	10.0	10		68%	10.0	10		70%	12.5	10		71%	15.0	10					
		67%	10.0	10		68%	10.0	10		70%	12.5	10		71%	15.0	10					
		67%	10.0	10		68%	10.0	10		70%	12.5	10		71%	15.0	10					
		67%	10.0	10		68%	10.0	10		70%	12.5	10		71%	15.0	10					
Tier 5	Rings Inverted Row (Neutral)	Constant Plateau 4x10																			
		57%	-2.5	5		58%	-2.5	5		60%	0.0	5		61%	0.0	5					
		67%	5.0	10		68%	7.5	10		70%	7.5	10		71%	10.0	10					
		67%	5.0	10		68%	7.5	10		70%	7.5	10		71%	10.0	10					
		67%	5.0	10		68%	7.5	10		70%	7.5	10		71%	10.0	10					
		67%	5.0	10		68%	7.5	10		70%	7.5	10		71%	10.0	10					
Prehab	KB 1-Arm Sit-up																				
Notes	Cardio 20-30min																				