



# THE POWER PROGRAMME

Advanced

The 'Power Programme' is an advanced programme designed to help you to improve your overall explosiveness and take your performance to the next level.

The programme runs over the course of 4 weeks and is designed to help you to:

- Improve explosiveness
- Build strength
- Challenge and test your body

Power training like this is very taxing on the body. You should make sure that you complete fundamental strength training alongside this programme and not exceed 3 sessions a week to ensure your body does not suffer from fatigue.

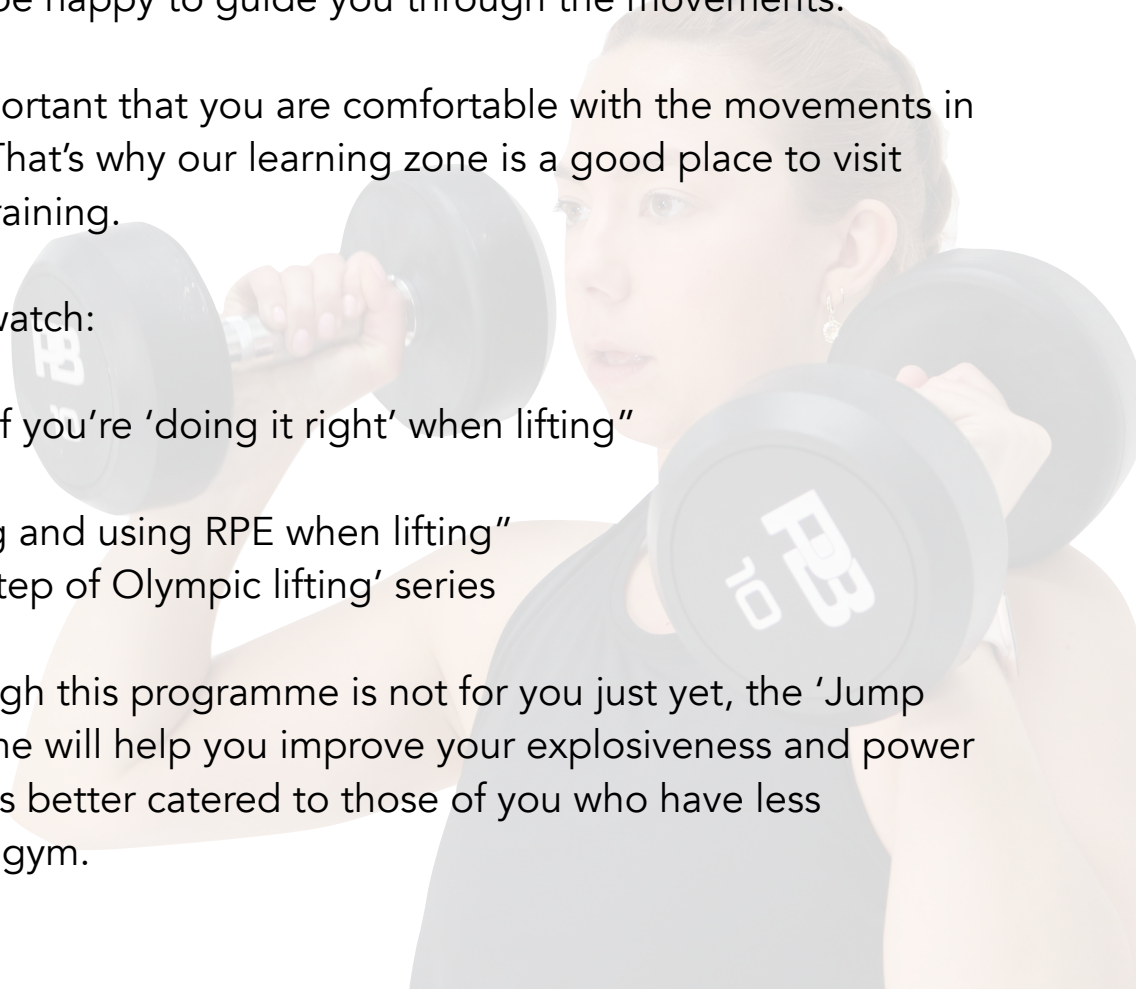
The exercises in this programme are for **advanced** athletes who have experience with Olympic lifting in the gym and experience using a bar. If you feel as though you need support with this, speak to a trainer at your gym who should be happy to guide you through the movements.

As always, it's important that you are comfortable with the movements in the programme. That's why our learning zone is a good place to visit before you start training.

We suggest you watch:

- 📺 "How to know if you're 'doing it right' when lifting"
- 📺 "Full warm up"
- 📺 "Understanding and using RPE when lifting"
- 📺 The 'Step by Step of Olympic lifting' series

If you feel as though this programme is not for you just yet, the 'Jump Higher' programme will help you improve your explosiveness and power on the court and is better catered to those of you who have less experience in the gym.







# TESTING THE LIMITS

## Weeks 1-4

The most important thing to keep in mind during your programme is your rest period. You should be resting for at least 2-5 minutes between EVERY set during your session. This is to ensure you can complete each move powerfully without compromising form due to fatigue.

### WEEK 1

Session 1

Conditioning #5

FULL REST

Core #1

### WEEK 2

Session 2

Conditioning #6

FULL REST

Core #2

### WEEK 3

Session 3

Conditioning #7

FULL REST

Core #3

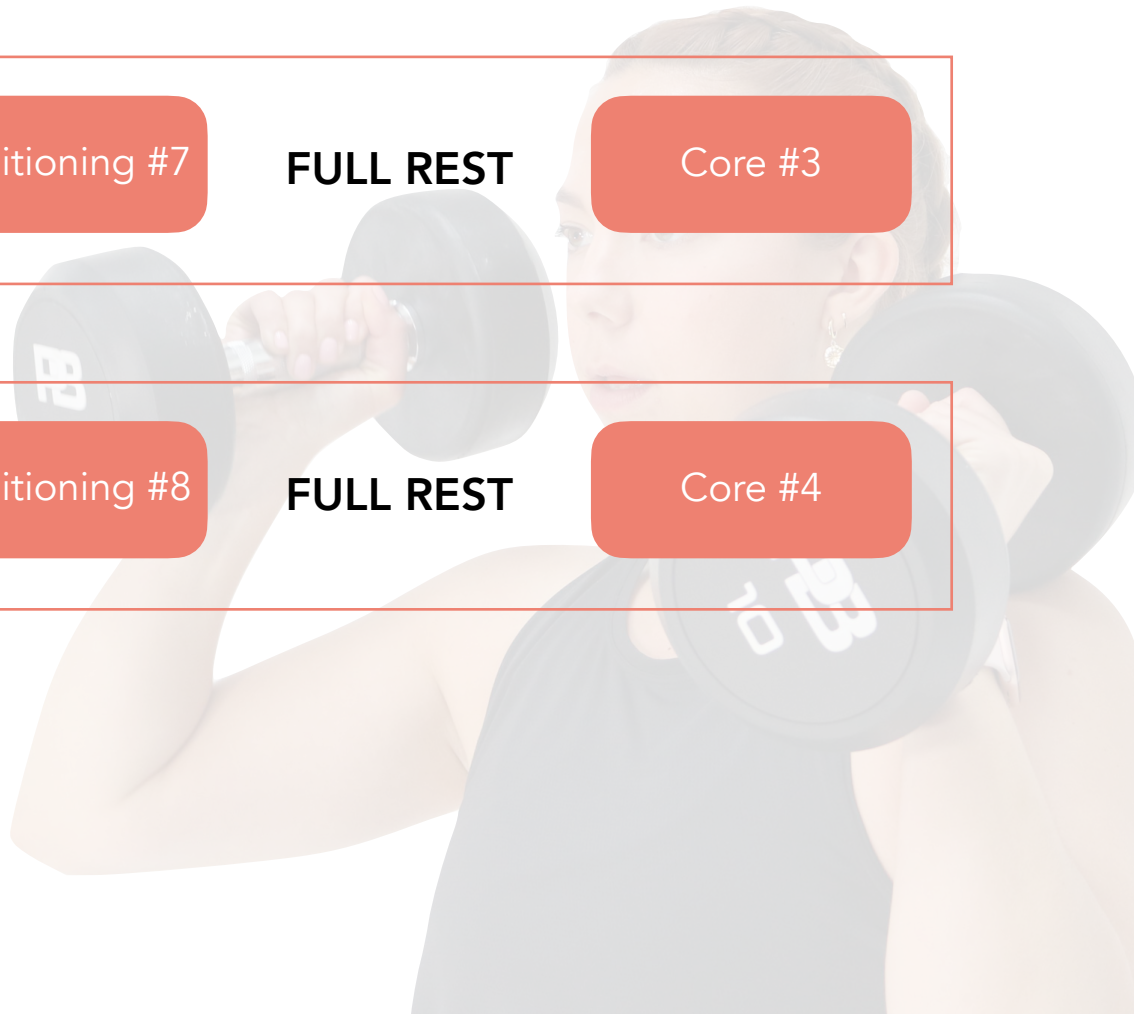
### WEEK 4

Session 4

Conditioning #8

FULL REST

Core #4





# JUST THE BEGINNING



YOU DID IT! Congratulations on completing The Power Programme on the NETGym membership. Hopefully you have enjoyed the sessions and you have seen how you can test your body to its limits.

So what next?

It's important that you allow your body to rest and adapt from this type of training. So take a week or two off of power training and focus on fundamental movements and building strength. You'll probably find that your 1RM has increased as well which is always a bonus.

If you want to repeat the programming make sure to increase the weights you use in the second phase of your programme to make sure you are making use of progressive overload. But make sure you take at least 2 weeks to rebuild your foundations before you go again!

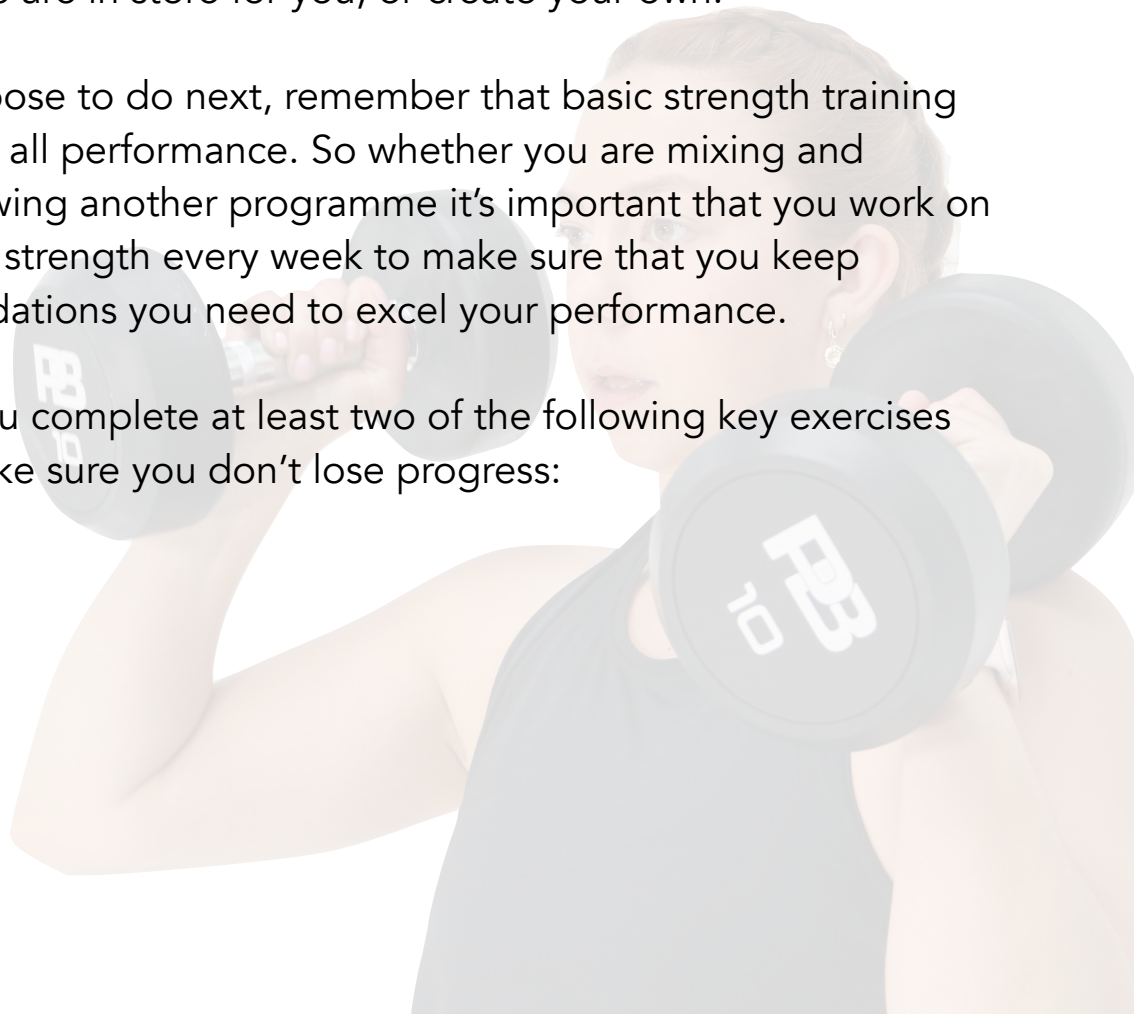
But if you are wanting to try something a little different? Why not head over to the Programming page on the dashboard and see what other programmes there are in store for you, or create your own.

Whatever you choose to do next, remember that basic strength training builds the base of all performance. So whether you are mixing and matching or following another programme it's important that you work on your fundamental strength every week to make sure that you keep building the foundations you need to excel your performance.

Make sure that you complete at least two of the following key exercises every week to make sure you don't lose progress:

- Squat
- Deadlift
- Shoulder Press
- Chest Press
- Bent Over Row

GOOD LUCK!







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**CONGRATULATIONS!  
YOU SMASHED IT!**

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