

Eccentric Focus Example Program

Order	Exercise	Sets	Reps	Load (%RM)	Ecc Time (s)	Rest (s)
COMPLETE 10-20 minute Warm Up						
A	Trap Bar Repeated Jump	3	5	*Based on ecc time	<1	90s
B	Clean - Blocks	3	2	50,60,70%	2	90s
C	Back Squat	5	1	**80,90,100,105,110%	3	120
D1	Leg Curl	3	10	***	4	60s
D2	Leg Press	3	10	***	4	60s

Notes:

*select load that allows you to complete the eccentric phase as fast as possible

**One set at each load

***Choose a weight that is appropriate for you to complete the desired reps

