

BOMMARITO PERFORMANCE SYSTEMS
SAMPLE ELITE RB MOVEMENT/SPEED/AGILITY

MONDAY	SET	REP/TIME/DIST
CAMPS Circuit		
1. SSP		ALL
2. Hurdle March - Slow Pause, Fast Pause, Reflex only		
3. Rapid Response (stationary)	1e	5 seconds
- 2 over/2 back, Lateral Singles, Same in drill		
Circuit 1		
1. Rapid Response (Stationary & Moving)		
- Lin & Angled Burst (burst between 1 and 5 second mark)	2e	5yd
2. SA Sled March (fwd & back)	2e	30yd
Circuit 2		
1. Slideboard Intervals	6	
- 20, 20, 30, 30, 40, 40 seconds		
2. Star Drill	4	
- 1 round pause, 1 round full speed (1 each direction)		

THURSDAY	SET	REP/TIME/DIST
CAMPS: SSP - March only; Hurdle March; Band AIS (5 sec holds)		
Multi Complex 1		
1. Single ladder - same in FWD - bungee resist lat	2ee	half ladder
2. Fwd Multi CQS	2e	10-20yd
Multi Complex 2		
1. Double ladder drill - pause (bungee resist lat)	2e	10yd
2. Pattern tree cut-up - single, double	6-8	
- POSSIBLE BASIC jump cuts for RB		
Multi Complex 3		
1. Pulley resisted cut-up	1-2e	10-20yd
2. Command pattern tree cut-up - single cut ONLY	6-8	
- POSSIBLE BASIC jump cuts for RB		

TUESDAY	SET	REP/TIME/DIST
CAMPS: Support full; SST Linear		
AS Mechanics		
Ankling SS hamstrings	3	10yd
Ankling-buttkicks SS hamstrings	3	10, 15, 20yd
Buttkick skips / AS Askip	6	10-50yd
Moving Claw Series - Ankling	2-3e	2e, 3e
Multi Complex 1		
1. Pulley/Bungee Resisted Explosive Strides - 4 count	2	30yd
- Jog then fall forward into 4 count		
2. Heavy Sled Resisted Sprints - 2pt starts (roll into run)	2-4	20-30yd
3. Free Sprints - deep lunge position	4	10yd
Multi Complex 2		
1. Light Sled Resisted Sprints - 2pt start (roll into run)	2-4	30-40yd
2. Accel Decel Zones	4	20-40yd
- 5-5-10, 5-5-10-10-10		
3. Free Sprints - deep lunge position	4	10-20yd

FRIDAY	SET	REP/TIME/DIST
SSP Full; SST Multi; drill down/back		
AS Mechanics		
Ankling SS hamstrings	3	10yd
Ankling-buttkicks SS hamstrings	3	10, 15, 20yd
OPTION 1 - Energy System Development (ESD)		
Play Drives - 2 ten play bouts (2-3min rest)		
10sec/45sec x 2		83yd
4sec/26sec x 2		37yd
5sec/30sec x 2		45yd
8sec/42sec x 2		65yd
4sec/26sec x 2		37yd
OPTION 2 Sled March		
Fwd waist	6	40-60yd
Bck waist	4	20yd
SA Fwd/bck	2ee	20yd
Xover	4	20-40yd

BOMMARITO PERFORMANCE SYSTEMS

NAME:
ELITE RB PROGRAM

PHASE: CONJUGATE
WEEK: 1 SAMPLE WEEK

DAY 1 **DAY / DATE:**

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
1. HG BENCH - CHAIN	10X	3 MIN	8,5,3,5,2	
CORRECTIVE:				

1. ROW ISO (6-1)	VARIED	2 MIN	4X12	
BAND ANGLED STANCE SA ROW - MID	X1X		4X10E	
CORRECTIVE:				

1. SLED ROW	11X	2 MIN	3X40YD	
2. SLED TRICEP	11X		3X40YD	
CORRECTIVE:				

DAY 2 **DAY / DATE:**

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
1. EXPLOSIVE STEPUP	10X	3 MIN	10, 8, 6, 6E	
2. DEPTH JUMP	XXX		4X2	

CORRECTIVE:

1. GLUTE HAM RAISE	20X	2 MIN	4X5	
2. BAND HIP FLEX/EXT	101		3X15EE	

CORRECTIVE:

1. REVERSE HYPER	211	1 MIN	4X12	
2. BAND HIP ADD/ABD	101		3X15E	
CORRECTIVE:				

DAY 3 **DAY / DATE:**

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
SPEED BENCH - CHAINS (1.0+M/S)	11X,X1X	45S	12X3	

1. PULLDOWN OR ROW	101	2 MIN	4X6-8	
2. JM PRESS	21X		4X8	
CORRECTIVE:				

1. INVERTED BODY ROW - UG	101	1 MIN	4X15	
2. BAND TRICEP - CHEST, FOREHEAD, OH	101		3X15E	
CORRECTIVE:				

DAY 4 **DAY / DATE:**

<u>EXERCISE</u>	<u>TEM</u>	<u>RI</u>	<u>VOL</u>	<u>INTENSITY</u>
1. SPEED BOX SQUAT - BANDS/CHAINS (1.0+M/S)	11X,X1X	45 SEC	6X3; 6X3	
2. BOX JUMP	XXX		12X1	

1. REVERSE HYPER SL SWITCH	131	2 MIN	3X8E	
2. DB SL SQUAT TD	101		3X5E	
CORRECTIVE:				

1. ANGLED BACK EXTENSION - BANDS	21X	1 MIN	3X10	
2. SUPINE HAMSTIRNG SLIDE - SL	11X		3X12E	
CORRECTIVE:				