

PRACTICAL POWER APPLICATIONS

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$$\text{POWER} = \frac{\text{FORCE X VELOCITY}}{\text{TIME}}$$

VELOCITY IS SPEED
WITH DIRECTION

FORCE X VELOCITY
TIME

STRENGTH
DOMINATED

FORCE X VELOCITY
TIME

SPEED DOMINATED

STRENGTH

POWER

SPEED



FAST



SLOW

LIGHT

HEAVY



STATIC

DYNAMIC

BALLISTIC



EXPLOSIVE



RESISTED

ASSISTED

STABLE

UNSTABLE

SINGLE
JOINT

MULTIPLE
JOINT

KEYS TO POWER TRAINING

TECHNIQUE

INTENSITY

SPEED

LOAD

POWER TRAINING IS

DYNAMIC

BALLISTIC

EXPLOSIVE

FAST

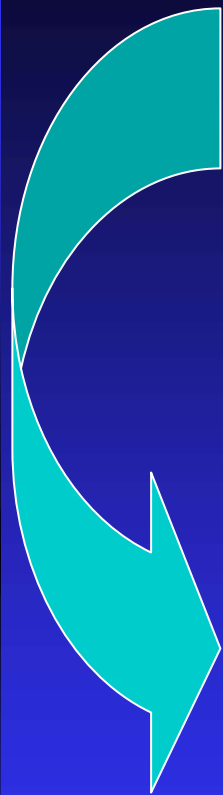
INTENSITY OR RESISTANCE

- UP TO 30 – 60% OF THE LOAD
- NO LESS THAN (80) 90 – 100% OF THE TIME
- NO LESS THAN (80) 90 – 100% OF THE DISTANCE

MODALITIES/EQUIPMENT

- SPRINTS (ASSISTED/RESISTED)
- PLYOS
- LIFTS
- MEDIBALLS
- COMBINATIONS OF THE ABOVE
- AGILITIES
- STARTS

POWER
IS
USELESS
WITHOUT
CONTROL



FORCE PRODUCTION

STABILITY

FORCE REDUCTION



VERN GAMBETTA

STABABILITY
VS.
MOSTABILITY

STABILITY ABILITY
VS.
MOBILE STABILITY

FLEX

EXTEND

AND ROTATE

WITH STABILITY

JIMMY RADCLIFFE

TESTS AND MEASUREMENTS

- THROWS
- JUMPS
- LIFTS
- JUMP AND THROW COMBINATIONS
- AGILITIES

LOWER BODY PLYOS

	JUMP	HOP	BOUND	LINEAR	MULTI DIREC.
IN PLACE	NON MOVG	NON MOVG	NON MOVG		
SHORT	>10	>10	>10		
LONG	<10	<10	<10		
SHOCK	ADD LOAD	ADD LOAD	ADD LOAD		

UPPER BODY PLYOS

PRESSES

TOSSES – FEET ON GROUND

TOTAL BODY THROWS

SCOOPS

REVERSE SCOOPS

SQUAT PUSH THROWS

DIAGONAL PATTERNS W/A
KETTLEBALL

VARIATIONS

COMBINATION JUMP AND
THROWS

SINGLE LEG DRILLS

SINGLE ARM DRILLS

OLYMPIC WEIGHT TRAINING

CLEANS

SNATCHES

JERKS

COMBINATION LIFTS

COMPLEXES & MATRIXES

- GREAT FOR ADDING VOLUME
- GREAT FOR TRAINING TECHNIQUE
- GREAT FOR “WORK – UP” SETS
- UNLIMITED MENU OF EXERCISES
- UNLIMITED POTENTIAL FOR VARIATION
- GREAT FOR TRAINING FITNESS AND TOUGHNESS

DUMBBELL MATRIXES/COMPLEXES

JUMPS

SQUATS

LUNGES /STEP-UPS

OLYMPIC TECHNIQUES

DUMBBELL COMPLEX I

BY STEVE JAVOREK

UPRIGHT ROW

HANG SNATCH

SQUAT & PRESS

BENTOVER ROW

SNATCH BELOW THE KNEES

EACH EXERCISE X 6 REPS

DUMBBELL MATRIX

BY GARY GRAY/VERN GAMBETTA

UPRIGHT ROW IN FRONT

UPRIGHT ROW W/LAT. FLEXION

UPRIGHT ROW W/EXT. ROT.

OVRHD PRESS IN FRONT

OVRHD PRESS Laterally

OVRHD PRESS W/DIAG. ROT.

LUNGE AND PRESS IN FRONT

LUNGE AND PRESS Laterally

LUNGE AND PRESS REV. DIAG.

MATRIX IS UNILATERAL AND 3 REPS

BAR COMPLEXES

3 POS. CLN&FSQT&PRS 3'S

HCLN+FRNT LUNGE+JRK 2'S

HSN&OVRHD LUNGE+GOOD
MORN.&PRS 2'S

HSN+OVRHD SQTS 3'S

GIANT SETS INTENSIVE

SQUAT – JERK – SQUAT JUMP

LUNGE – POWER STEP UPS –
BOUNDS

LATERAL LUNGE – SHUFFLE
JUMPS – LATERAL HOPS

GIANT SETS
EXTENSIVE
PUSH – PULL – SQUAT

BENCH PRESS – PULL UPS –
SINGLE LEG SQUATS

MEDIBALL INCLINE PRESS –
1 ARM DB ROWS – 3 WAY
LUNGES

COMBINATIONS

LIFT AND JUMP

LIFT AND THROW

LIFT – JUMP – SPRINT

LIFT – THROW – JUMP - SPRINT

SOURCES & THANK YOU

VERN GAMBETTA

STEVE PLISK

FRED ROLL

STEVE JAVOREK

JIMMY RADCLIFFE

MIKE BOYLE

MIKE CLARK

RUSS BALL

GARY GRAY