

2-Day Workshop: Developing Elite Strength

Day 1:

+ 7:30-8:00	Introductions and Expectations
+ 8:00-8:30	Lecture: Intro to EXOS Training System
+ 8:30-8:45	Break
+ 8:45-9:45	Lecture: Movement Based Program Design
+ 9:45-10:00	Break
+ 10:00-11:00	Practical: Upper Body Lifting
+ 11:00-12:00	Practical: Lower Body Pulling
+ 12:00-1:00	Lunch
+ 1:00-3:00	Lecture: Identifying/Targeting Strength Qualities
+ 3:00-3:15	Break
+ 3:15-3:45	Practical: Rotational Strength/MB
+ 3:45-4:45	Practical: Extensive Training Session
+ 4:45-5:00	Review: Day 1 Q&A

Day 2:

+ 8:00-9:45	Lecture: Programming
+ 9:45-10:00	Break
+ 10:00-11:00	Practical: Olympic Lifting
+ 11:00-12:00	Practical: Lower Body Pushing
+ 12:00-1:00	Lunch
+ 1:00-3:00	Lecture: Advanced Methods of Strength Training
+ 3:00-3:15	Break
+ 3:15-4:15	Practical: Intensive Training Session
+ 4:15-4:30	Review: Day 2 Q&A
+ 4:30-5:00	Final Wrap-up/Group Photo

Course schedule subject to change