



ATHLETIC PERFORMANCE

TRAINING PROGRAM

Jumps, sprints, and heavy compound work to build explosiveness and make you a better athlete.

TENSOR ATHLETIC

1-WEEK PERFORMANCE PROGRAM

GOAL

Explosive strength, athletic movement, speed, work capacity, and resilient joints.

BEST FOR

Active adults and athletes who want gym strength to carry over to sport and movement.

SCHEDULE

4 gym sessions + 1 optional conditioning/recovery day

SPLIT

Lower Power / Upper Power / Full-Body Speed / Athletic Conditioning

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Explosive strength, athletic movement, speed, work capacity, and resilient joints.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	LOWER POWER + STRENGTH	Start of week
2	UPPER POWER + STRENGTH	1-2 days later
3	FULL-BODY SPEED + FORCE	After a rest or lighter day
4	ATHLETIC CAPACITY	Later in week
OPT	RECOVERY	Use when recovery and schedule allow

HOW TO USE THIS WEEK

- Keep jumps and throws fast. Stop the set if height, distance, or speed clearly drops.
- Strength work should feel powerful, not like a max-effort grind.
- Use the optional recovery day if sport volume or daily activity is high.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - LOWER POWER + STRENGTH

EXERCISE	SETS x REPS	RPE	REST
Pogo Jump	2 x 20	6	45 sec
Box Jump	4 x 3	7	90 sec
Back Squat	4 x 5	7-8	2-3 min
Romanian Deadlift	3 x 6-8	7-8	2 min
Bulgarian Split Squat	3 x 8/leg	8	90 sec
Standing Calf Raise	3 x 10-12	8	60 sec
Pallof Press	3 x 10/side	7	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - UPPER POWER + STRENGTH

EXERCISE	SETS x REPS	RPE	REST
Med Ball Chest Throw	4 x 5	6-7	60 sec
Bench Press	4 x 5	7-8	2-3 min
Pull-Up	4 x 6-8	8	2 min
Dumbbell Shoulder Press	3 x 8	8	90 sec
Chest-Supported Row	3 x 8	8	90 sec
Face Pull	3 x 12-15	8	60 sec
Farmer Carry	3 x 30-40 m	8	90 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - FULL-BODY SPEED + FORCE

EXERCISE	SETS x REPS	RPE	REST
Broad Jump	4 x 3	7	90 sec
Sled Push	5 x 15-20 m	8	90 sec
Trap Bar Deadlift	4 x 4	7-8	2-3 min
Dumbbell Bench Press	3 x 8	8	90 sec
Walking Lunge	3 x 10/leg	8	90 sec
Cable Row	3 x 10	8	75 sec
Hanging Knee Raise	3 x 10-15	8	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 4 - ATHLETIC CAPACITY

EXERCISE	SETS x REPS	RPE	REST
Med Ball Slam	4 x 20 sec	8	60 sec
Goblet Squat	3 x 10	7	75 sec
Single-Arm Cable Row	3 x 10/side	7-8	75 sec
Reverse Lunge	3 x 8/leg	7-8	75 sec
Push-Up	3 x 10-15	7-8	60 sec
Farmer Carry	4 x 30 m	8	75 sec
Bike Intervals	8 rounds: 20 sec hard / 70 sec easy	8-9	as written

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

OPTIONAL - RECOVERY

EXERCISE	SETS x REPS	RPE	REST
Easy Cardio	20-30 min	5-6	-
Mobility Flow	10-15 min	4-5	-

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Pogo Jump

Use quick, springy ankle contacts with minimal knee bend. Stay tall and rebound off the floor rather than sinking into each landing.

Box Jump

Stand facing a stable box. Load the hips, swing the arms, jump explosively, and land softly with the whole foot on the box. Step down between reps.

Back Squat

Brace before unracking. Sit the hips down and back while keeping the whole foot planted, reach a controlled depth, then drive the floor away to stand.

Romanian Deadlift

Keep a soft knee bend and push the hips backward while the weight stays close to the legs. Stop when the hamstrings are loaded without losing spinal position, then extend the hips.

Bulgarian Split Squat

Place the rear foot on a bench and keep most of the load on the front leg. Lower under control, keep the front foot planted, and drive through the front leg.

Standing Calf Raise

Rise onto the balls of the feet through the largest pain-free range. Pause at the top and lower slowly into a controlled calf stretch.

Pallof Press

Stand side-on to a cable or band. Brace the trunk and press the handle straight away from the chest without allowing the torso to rotate.

Med Ball Chest Throw

From an athletic stance, explosively throw the medicine ball forward from the chest. Reset fully between reps so each throw is fast and powerful.

Bench Press

Set the upper back firmly on the bench, keep the feet planted, lower the bar under control to the torso, then press it back up while maintaining a stable shoulder position.

Pull-Up

Start from a controlled hang. Pull the chest toward the bar by driving the elbows down, then lower under control to a long-arm position.

Dumbbell Shoulder Press

Press the dumbbells overhead while keeping the ribs stacked over the pelvis. Lower under control until the upper arms reach a comfortable depth.

Chest-Supported Row

Keep the chest supported against the pad and row by driving the elbows back. Pause briefly near the torso and control the stretch on the return.

Face Pull

Pull the rope toward the face with the elbows high enough to involve the rear shoulders and upper back. Finish without shrugging or arching the lower back.

Farmer Carry

Stand tall with heavy weights at the sides, brace the trunk, and walk with short controlled steps while resisting leaning or twisting.

Broad Jump

Load the hips and arms, jump forward explosively, and land quietly with the knees and hips absorbing force. Reset before every repetition.

Sled Push

Lean into the sled with a rigid trunk and drive through the floor using powerful, continuous steps. Keep the hips from rising excessively.

Trap Bar Deadlift

Brace before lifting, push through the floor, and stand tall with the load centered around the body. Lower under control without collapsing the torso.

Dumbbell Bench Press

Set the shoulders into the bench, lower the dumbbells with control, and press them upward while keeping the forearms stacked under the weights.

Walking Lunge

Step forward far enough to keep the front foot planted, lower the rear knee toward the floor, then drive through the front leg into the next step.

Cable Row

Sit tall and pull the handle toward the torso by driving the elbows back. Avoid excessive torso swing and control the reach forward.

Hanging Knee Raise

Hang with the shoulders active and lift the knees by curling the pelvis upward. Lower slowly without swinging.

Med Ball Slam

Reach the ball overhead, brace, and aggressively slam it toward the floor using the whole body. Pick it up safely and reset before repeating.

Goblet Squat

Hold a dumbbell or kettlebell close to the chest, keep the whole foot planted, squat between the hips, and stand while maintaining an upright torso.

Single-Arm Cable Row

Brace the torso and row one handle toward the ribs without rotating excessively. Reach forward under control to lengthen the back.

Reverse Lunge

Step backward and lower the rear knee toward the floor while keeping the front foot planted. Drive through the front leg to return to standing.

Push-Up

Maintain a rigid body line, lower the chest between the hands with controlled shoulders, then press the floor away to return to the start.

Bike Intervals

Alternate hard efforts with easy recovery on a stationary bike. Hard work should be forceful but repeatable rather than an all-out first sprint.

Easy Cardio

Use walking, cycling, rowing, swimming, or elliptical work at a conversational pace. The goal is aerobic work and recovery, not exhaustion.

Mobility Flow

Move through controlled hip, ankle, shoulder, and thoracic mobility drills using pain-free ranges. Emphasize relaxed breathing and smooth motion.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.