HOW DOES A COACH TAKE A PRODUCT IDEA TO MARKET?

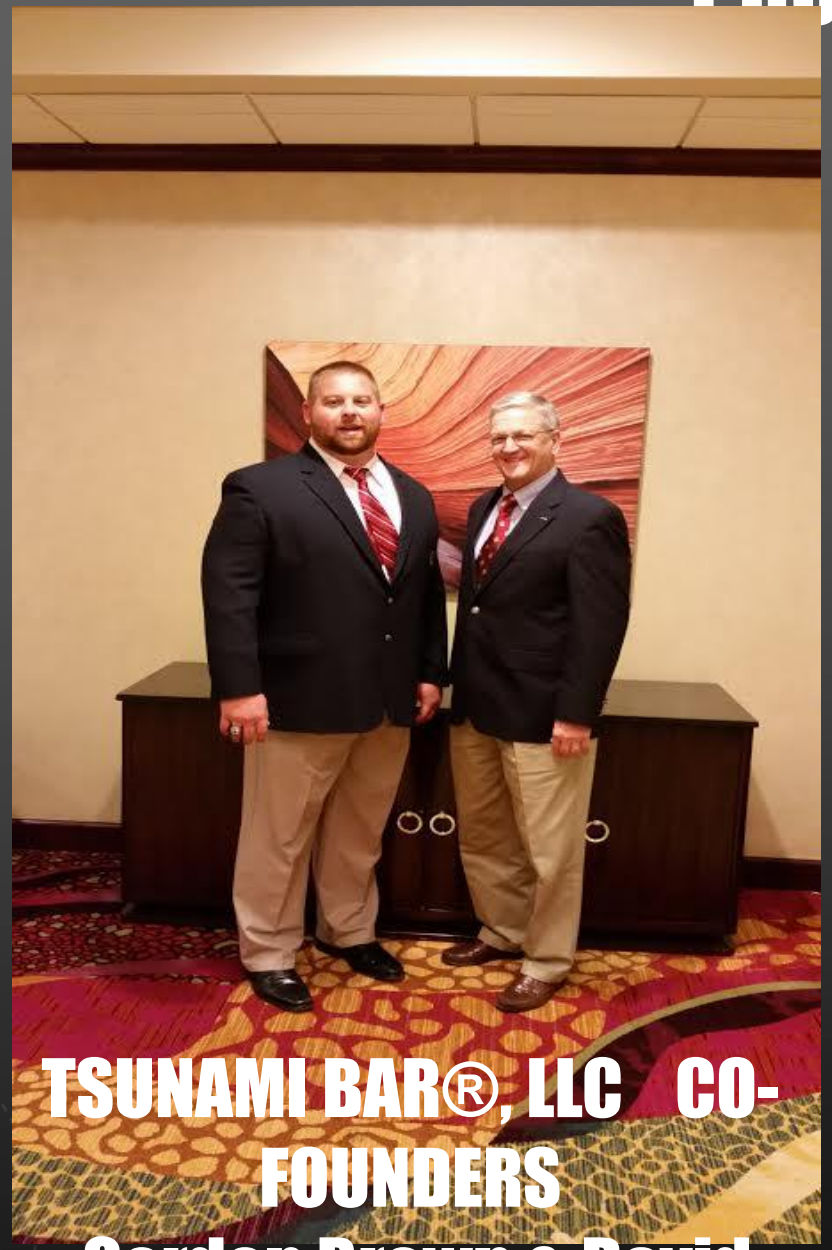
DAVID ABERNETHY, MS, MSCC

MENTORS "PAULS"

MENTEES “TIMOTHY’S”

IF A COACH HAS A PRODUCT IDEA WHAT ARE THE FIRST STEPS TO TAKING IT TO MARKET?

“WHERE THERE IS NO VISION THE PEOPLE WILL PERISH.” PROVERBS 29:18

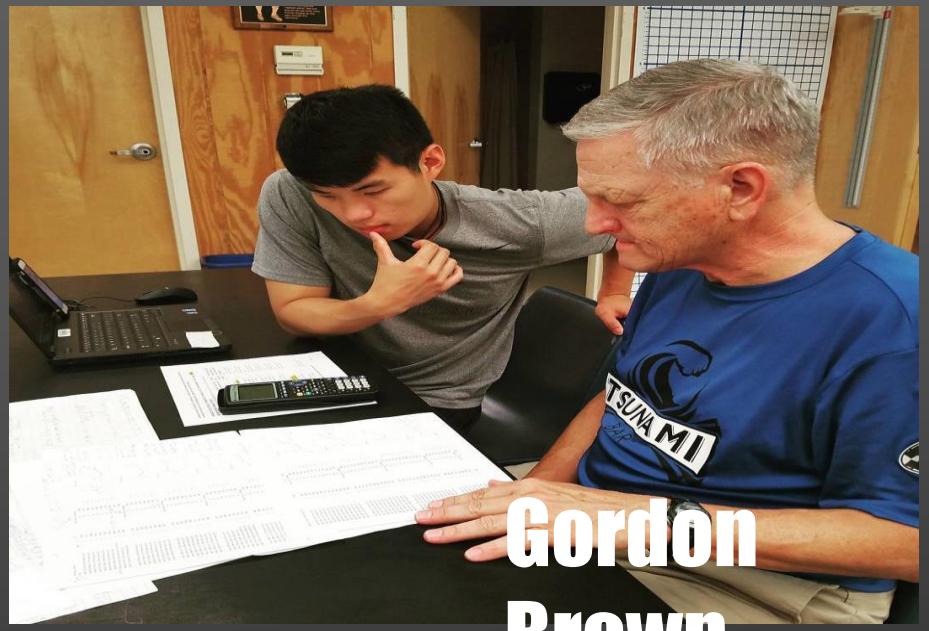


TSUNAMI BAR®, LLC CO-FOUNDERS

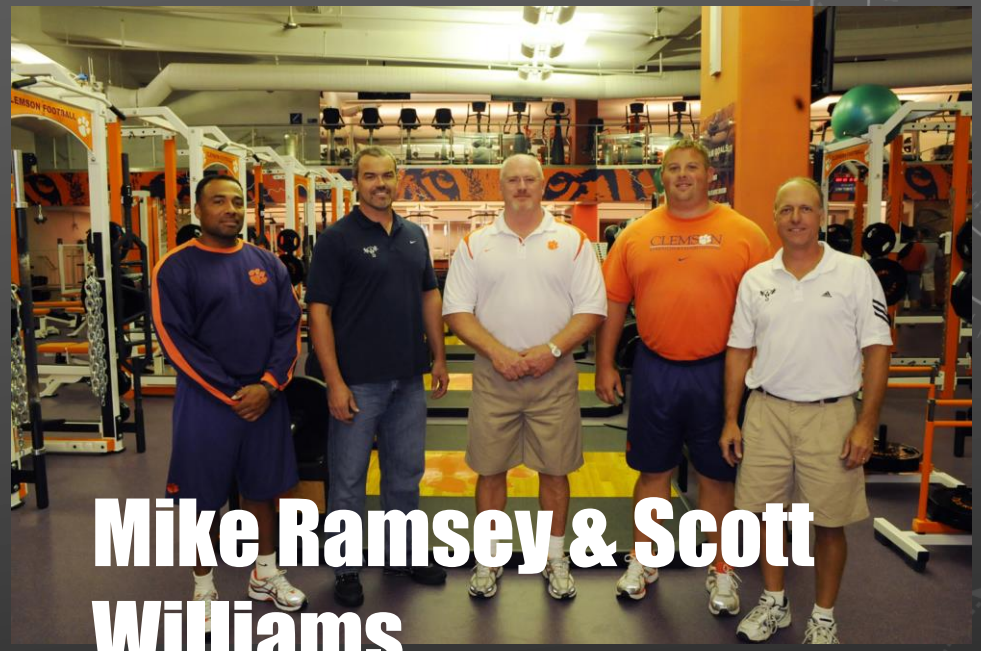
Gordon Brown & David

TSUNAMI BAR® EST. OCTOBER 25, 2011

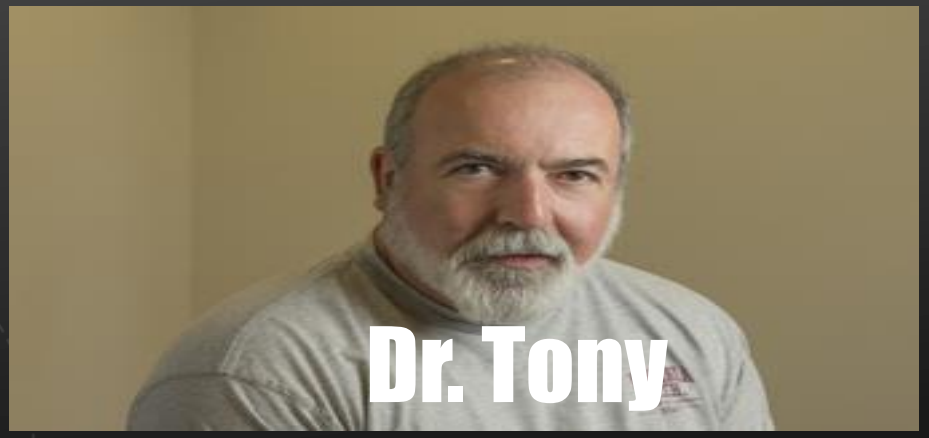
TSUNAMI BARBELL TEAM



Gordon Brown



Mike Ramsey & Scott Williams



Dr. Tony Caterisano

Dr. Randy Hutchinson

FIRST STEPS:
NOTEBOOK

- Buy a composition notebook to record your idea and all information related to your idea. This includes documentation of all 'prototypes' that you make or have made along with specifics on materials used and your estimate of material's cost as well as what is both good and bad about the prototype. YOU WILL PROBABLY MAKE MANY PROTOTYPES! YOU WILL LEARN FROM YOUR FAILURES!!!!

NEXT STEPS:

CONFIDENTIALITY AGREEMENT

- When you have your idea to the point where you need to talk to anyone about your idea, have the person sign a confidentiality agreement. This is done to preserve certain patent options. You can have a person that has signed a confidentiality agreement witness each page in your notebook by writing the following at the bottom of the page with the person signing their name beside this statement “Read and Understood by: ” and record the date. This is sufficient to document that the information on that page is your idea.

MUTUAL NON-DISCLOSURE AGREEMENT PART ONE

- This **Mutual Non-Disclosure Agreement** (the "Agreement") is effective on the date of its execution by the last-to-sign party, and is by and between Gordon Brown, a South Carolina resident, with his principle address at _____ and David Abernethy, a South Carolina resident, with his principle address at _____ (together known as “Brown/Abernethy”) and (your Name or Company name) _____ and address _____ (hereinafter referred to as “Parties”).
- **RECITALS**
-
  - Brown/Abernethy possess proprietary knowledge and technology in the field related to a flexible barbell and methods of use of a flexible barbell for use in the Strength and Conditioning field specifically US Patent 7,951,051 (May 31, 2011) owned by Gordon Brown and other patents pending owned by Brown/Abernethy. Brown/Abernethy are interested in having discussions with _____ for the purpose of discussing Brown/Abernethy’s Information (hereinafter “Purpose”).
  - _____ is interested in having discussions regarding Brown/Abernethy’s Information.
  - The Parties may, in conjunction with the aforesaid and for their mutual benefit, disclose to each other technical and commercial information relating to their respective businesses, facilities, products, techniques and processes in the form of oral disclosure, demonstration, device, apparatus, model, sample of any kind, document, specification, or drawing, which information is proprietary to the disclosing party (hereinafter "Information") and the parties are willing to undertake to restrict the use and further disclosure of the Information.
  - Now, therefore, in consideration of the recitals stated above and the representations, warranties and agreements stated below, the sufficiency of which is hereby acknowledged, the parties agree to the following:

Mutual non-disclosure agreement Part Two

- **REPRESENTATIONS, WARRANTIES, AND CONVENANTS**

1.The receiving party agrees to maintain the Information it receives from the disclosing party in confidence and to refrain from using same, other than for the Purpose contemplated by this Agreement, or from disclosing same to any third party, including affiliated parties, without the disclosing party's prior written consent. This obligation shall not apply to the extent that such Information:

1.was developed by the receiving party prior to the disclosure thereof by the disclosing party and such development can be shown by the records of the receiving party;

2.is, or shall become, other than by act or omission on the receiving party's part, generally available to the public;

3.is obtained or acquired by the acquiring party in good faith and on a non-confidential basis at any time from a third party who, to the best of the acquiring party's knowledge, is not under any obligation to keep such Information secret; or

4.is required to be disclosed by federal, state, or local statutes, or by order of a court of competent jurisdiction; provided, however, that the receiving party shall provide the disclosing party with notice of any obligation which the receiving party may have to disclose hereunder as soon as may be practicable so that the disclosing party may contest such potential use or disclosure.

2.Samples submitted by the Providing party are strictly confidential and will be identified in writing as such by the Provider. Samples include the sample materials and also include information or knowledge obtained by the Receiving party upon inspection of the sample materials.

3.The Receiving party shall be entitled to test and evaluate the samples, but shall not disassemble the samples, or sell or show or give the samples, or products made from the samples, to any outside third party without the expressed written consent of the Provider. The Receiving party further agrees not to disclose the results of tests and experiments conducted on samples to any outside third party, for a period of three (3) years from receipt of the samples without the expressed written consent of the Provider.

4.The Receiving party agrees that any Information and samples shall be and remain the property of the Provider and shall be returned to Provider upon request, except that one copy of any Information but no samples may be kept by Recipient's legal counsel for archival purposes only.

5.No rights or licenses under any issued patent now or hereafter owned by Brown or Abernethy or Brown/Abernethy or under either party's Information are granted hereunder.

6.This Agreement shall commence upon the date of the last-to-sign party (the "Commencement Date"), and shall terminate upon the earlier of two years after the Commencement Date or thirty (30) days after receiving written notice of termination from the other party. The provisions of Item 2.2, 2.4 and 2.5 of this Agreement shall survive the termination of this Agreement, and shall continue until the fifth anniversary of the Commencement Date.

7.The parties acknowledge that this Agreement merely provides for the exchange of Information. Discussions regarding a more formal business agreement may occur at a later date. This business agreement may address areas other than the exchange of Information (such as consulting fees, royalties, purchase of technology and/or product, etc.) which is the subject of this Mutual Non-Disclosure Agreement.'

8.The parties agree that this Agreement shall be construed and governed by the laws of the State of South Carolina.

9.The parties agree that this Agreement represents the entire agreement and understanding between the parties concerning the terms and conditions of confidentiality for matters described in Item 1.1 above, and supersedes any previous written or oral agreement between the parties concerning such subject matter.

In witness whereof, each of the parties hereto has caused this Agreement to be executed on its behalf and its officers thereunto duly authorized, all as of the day and year of the last-to-sign below.

By: _____	By: _____	By: _____
(Signature)	(Signature)	(Signature
Name: Gordon Brown	Name: David Abernethy	Name: _____
		Title: _____
Date: _____	Date: _____	Date: _____

NEXT STEPS:

FILE A PROVISIONAL PATENT

- Go to the United States Patent and Trademark Office (USPTO) website and read all that you can about 1) design patents, 2) utility patents and 3) methods patents. And read about Provisional Patent applications. To document your idea and information about your idea, you can file a Provisional Patent application for between $100 and $200 and submit to the USPTO following instructions on their website. You do not need a lawyer to do this. From the date of filing the Provisional Patent application, you have 1 year to file your United States and any foreign country filing. If you are at this point, it is probably time to invest some serious money and talk to a patent attorney. From start to finish you can expect to pay between $5000 and $30,000 or more to obtain a US Patent.

UNITED STATES PATENT AND TRADEMARK OFFICE (USPT

- **What is a Patent?** A patent is the grant of a property right to the inventor, issued by the USPTO. The term of patent us generally around 20 years from the date of the application.

- The United States Patent and Trademark Office is an agency of the U.S. Department of Commerce. The role of the USPTO is to grant patents for the protection of inventions and to register trademarks.

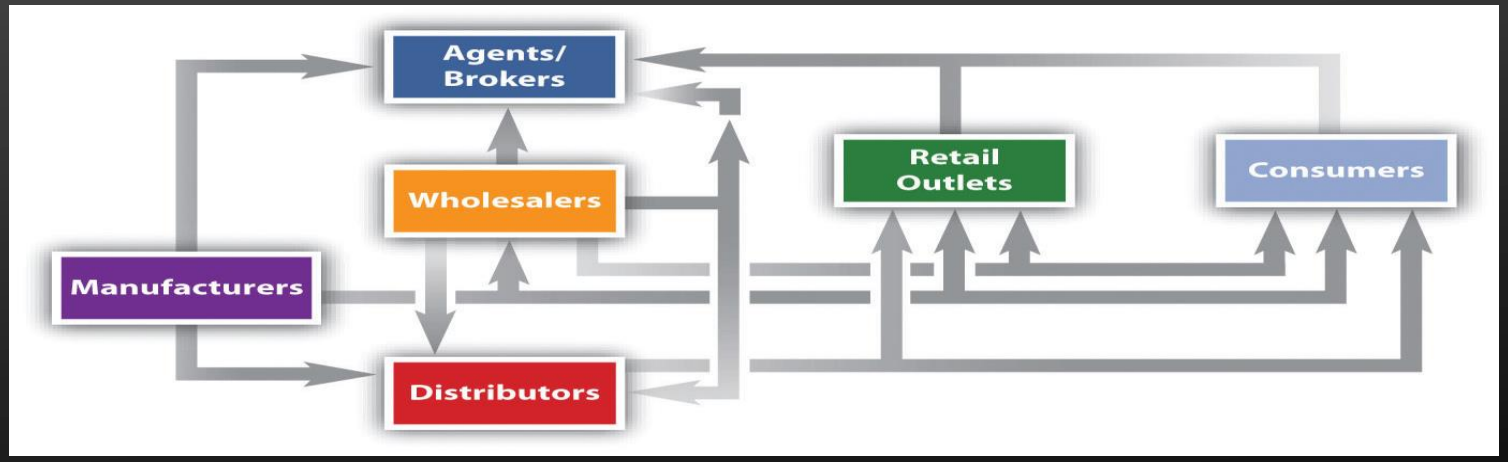
- Three types of patents. 1. **Utility patent**: anyone who invents or discovers any new and useful process, machine, article of manufacture, or useful improvement thereof. 2. **Design patent**: anyone who invents a new, original and ornamental deign for an article of manufacture. 3. **Plant patent**: anyone who invents or discovers and asexually reproduces any distinct and new variety of plant

- The USPTO examines applications and grants patents on inventions when applicants are entitled to them.

* Information taken from the United States Patent and Trademark Office Website; www.uspto.gov , Apriil, 2018

NEXT STEPS:
CHANNEL TO MARKET

- As you are continuing to develop your idea (products) and document, you need to think about and document the following:
  - What is the Market for products that could be made using your idea? Use the Web to search for information and record in your notebook (or on your computer) all pertinent Marketing related information. You goal is to 'define' the Channel to Market for your product and this will include:
    - Who will manufacture the product(s), Who will sell your product(s), Dealers/Distributors, Pricing, Raw Material suppliers and Pricing, etc.
  - A Marketing Plan. Advertising, Website, etc.
  - A Business Plan. In this plan you will need to develop a forecast of product sales by market with projections of profitability based on 'product cost' and your 'selling price' for each product. An Excel spreadsheet is an excellent tool to use.



NEXT STEPS:
INVESTMENT

- By this point you will have invested a lot of time and possibly money. You will have experienced some High Points and some Low Points. If you have enough successes (High Points) in your development efforts, write them down. Review them. Review them with others (that have signed a confidentiality agreement). If knowledgeable people are excited about your 'ideas' this is a MUST or you need to consider stopping your efforts and if you do, do not take it as a failure but a learning experience. A famous person once said "He who will not risk, can not Win".

THE TSUNAMI BARBELL SUCCESS STORY!

ABOUT US!

- Tsunami Bar, LLC is a South Carolina partnership LLC formed in Oct 2011 with David Abernethy (Master Strength and Conditioning coach by the CSCCa and Assistant Athletic Director of Strength and Conditioning at a Division 1 University) and Gordon Brown (retired United States Navy CAPTAIN, inventor and fiberglass composite's professional) as members. Sales began in May 2012. Tsunami Bar® products (US Pat # 7,951,051 and US Pat # 9,925,406) are state-of-the-art flexible composite barbells and LAT pull down bars along with methods for using these products in the Strength and Conditioning of athletes and others interested in building strength, speed of muscle movement and conditioning of stabilizer muscles to improve one's overall Power, Agility and Sport's Specific abilities. Currently there are 9 Tsunami Bar® products including 6 flexible barbell bars and 3 LAT pull down bars. Other products are under development. All products have tailored flexibility and a FAT 2" grip. All Olympic plate weights and bumper plates can be used with all barbell products.
- Tsunami Bar® products are manufactured and marketed by Performance Strength Designs, Inc. (PSD) of West Columbia, SC under a license from Tsunami Bar, LLC.

TIMELINE!

- **Jan 7, 2011 –** Gordon Brown attends Strength and Conditioning clinic to learn. David Abernethy was a speaker.
- **April 4, 2011 –** Gordon met for 1st time with David Abernethy at Clemson.
- **April 2011 to present –** Continuing development/refining of Tsunami Bar® and related 'new' products.
- **Oct 25, 2011 –** Tsunami Bar, LLC formed in South Carolina with Gordon Brown and David Abernethy as Co-Founders.
- **Early 2012 –** Furman University under direction of Tony Caterisano PhD FACSM begins extensive evaluation program on the Tsunami Bar®.
- **April 20, 2012 -** Exclusive Licensing deal signed with Performance Strength Designs, Inc. for Manufacture and Marketing of the Tsunami Bar® flexible composite barbell.
- **May 9, 2012** – Original Tsunami Bar® first offered for sale at CSCCa in Orlando, FL.
- **Jan 30, 2013** – Tsunami Bar® wins 'Best of Show' Product Award at American Composite Manufacturer's Association (ACMA) Annual 'Conference & Expo' – COMPOSITES2013.
- **May 2013 –** Three (3) Scientific Research papers from Furman faculty professors to be presented at American College of Sports Medicine National meeting in Indianapolis, IN.
- **May 2013** – Additional Tsunami Bar® products projected to be introduced at CSCCa.
- **December 2013** - Tsunami Bar® product line becomes 9 strong.
- **February 2014** - New wedsite is launched.
- March 27, 2018 – United States Patent Issued Number: U.S. 9,925,406 B2 Titled: Apparatus and Methods of Using A Flexible barbell For Enhancing The Benefits of Weightlifting.

THE ORIGINAL TSUNAMI BAR®

- Level 3 Tsunami Bar® (The Original Tsunami Bar®)
- 90" long. Bar weighs 15 lbs. Weight range: 45 to 135 lbs on each end of bar. Most popular bar.

PRODUCT SAFETY INSTRUCTIONS

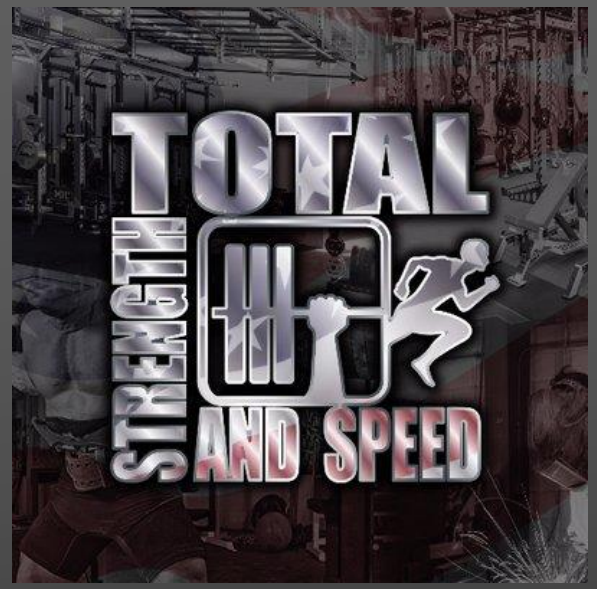
LOADING OF WEIGHTS, LOCKING COLLARS and USE INSTRUCTIONS

Hitch pins are not used with the LIGHT + w/ Standard Grip bars. Disc weight(s) must be loaded against the wear pad at each end of the bar. And a Croc Lock™ or Lock Jaw Elite locking collar is positioned onto the bar and in contact with the outside surface of the outermost disc weight and locked securely into place with at least 3 inches of the bar extending from the outside edge of the locking collar. Only Croc Lock™ or Lock Jaw Elite collars are to be used. After each set of repetitions, check the position of the locking collars at each end. If either has moved more than 1/2", reposition it snuggly against the outside surface of the disc weight. If you are unable to get the locking collar to fit tight against the surface of the bar, replace it with a new locking collar, and if that collar does not fit tight do not use the barbell and notify the manufacturer.

FINDING A MANUFACTURER

- Performance Strength Desig
- 720 Chris Dr
- West Columbia, SC 29169-4
- (803) 750-0122

FINDING DISTRIBUTORS



RESEARCH:
SCIENCE BEHIND THE PRODUCT!

Machine peak vertical ground reaction forces		
Steel Bar	**Flexible Bar**	**Significance**
334.8±13.3	704.8±113.1	p = 0.007

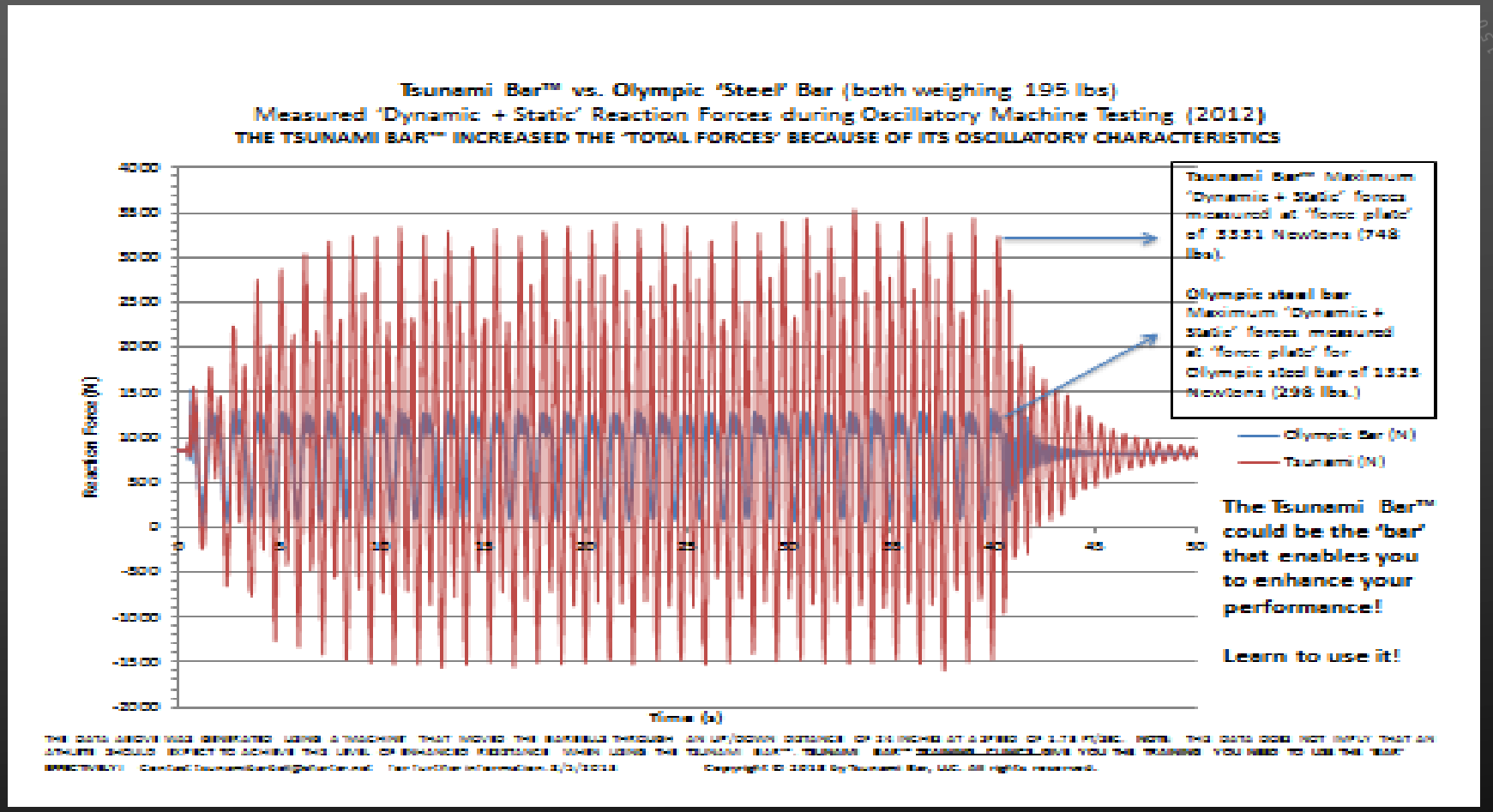
Table 2. Comparison between the steel bar and flexible bar for mean peak ground reaction forces (GRFs) and mean peak integrated electromyographic (I-EMG) response during the squat exercise.

Squat Exercise			
I-EMG	**Steel Bar**	**Flexible Bar**	**Significance**
VL	66.52 ± 16.12	75.69 ± 18.55	p = 0.03
BF	51.79 ± 33.55	58.40 ± 44.58	p = 0.468
RA	115.09 ± 53.91	189.58 ± 114.55	p = 0.03
ES	65.42 ± 29.71	70.77 ± 29.17	p = 0.07
RF	59.92 ± 17.62	69.77 ± 17.32	p = 0.013
EO	68.98 ± 29.50	114.62 ± 52.98	p = 0.0004
GRFs	1120 ± 203.3	1195 ± 209.4	p = 0.001

I-EMG: %MVC of squat 1RM, mean ± *SD* for the Vastus Lateralis (VL), Biceps Femoris (BF), Rectus Abdominus (RA), Erector Spinae (ES), Rectus Femoris (RF)
GRFs: N, mean±*SD*

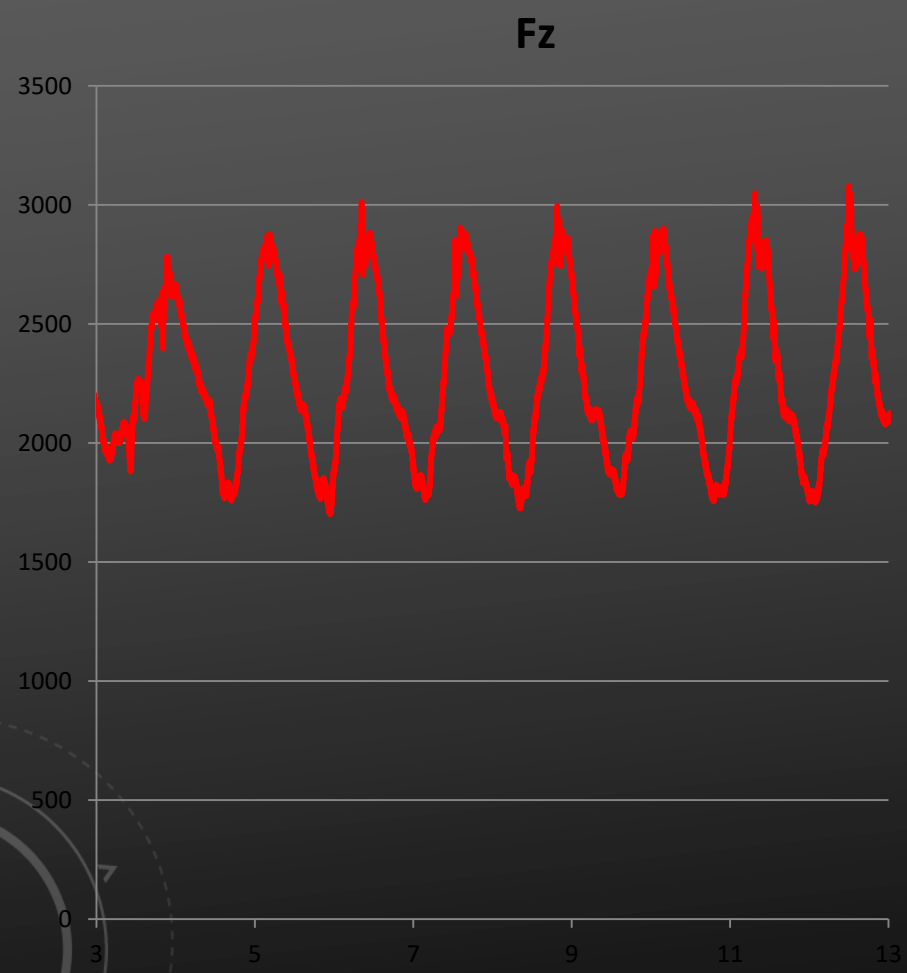
RESEARCH:

SCIENCE BEHIND THE PRODUCT!

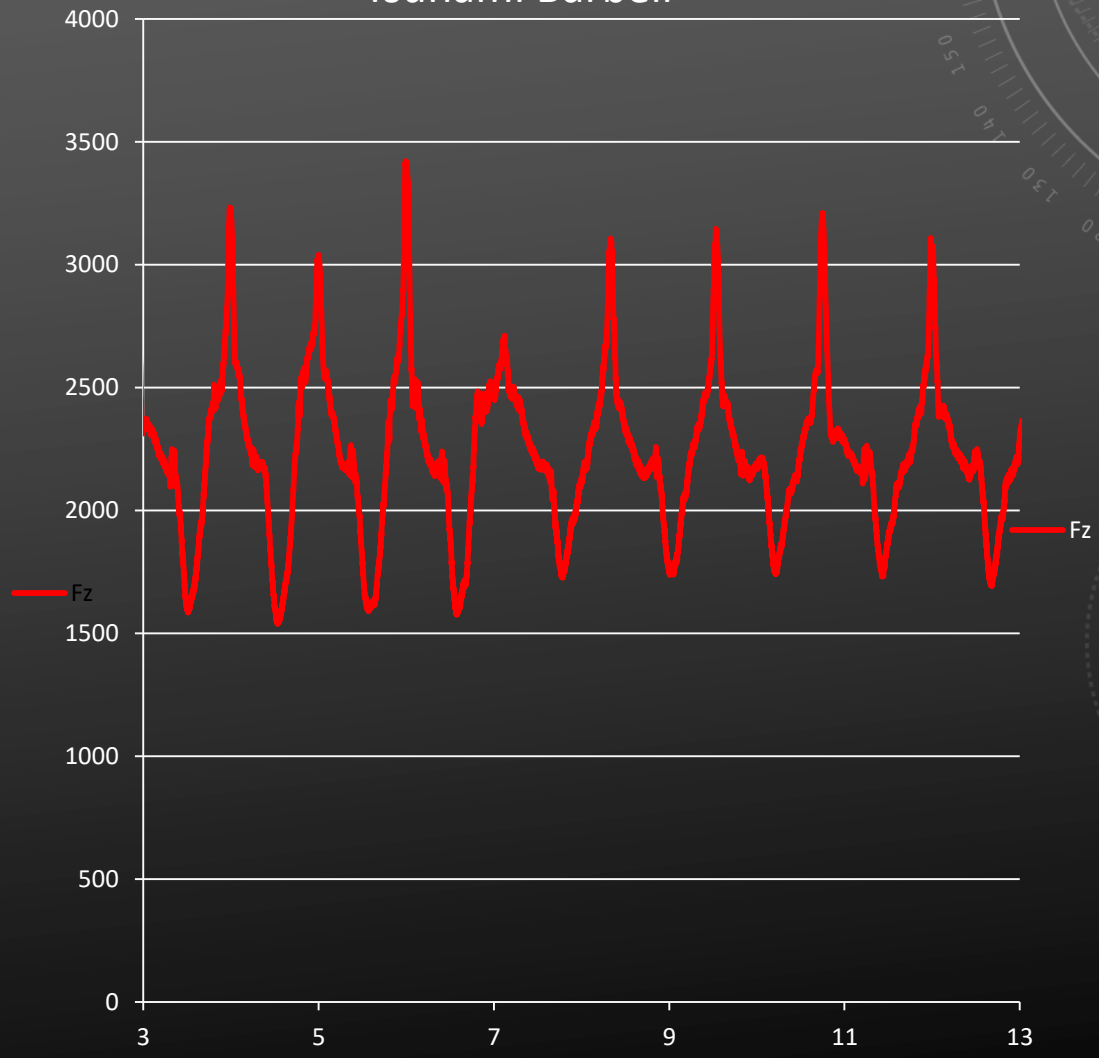


FORCE PLATE DATA COMPARISON

Olympic Barbell



Tsunami Barbell



EDUCATION


1st Tsunami Bar™ Training Class
May 9, 2013 at CSCCa in Kansas City, MO
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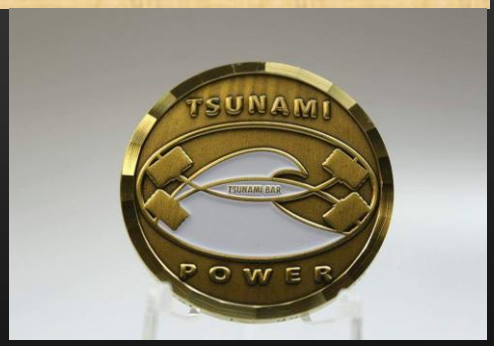
www.tsunamibarbell.com

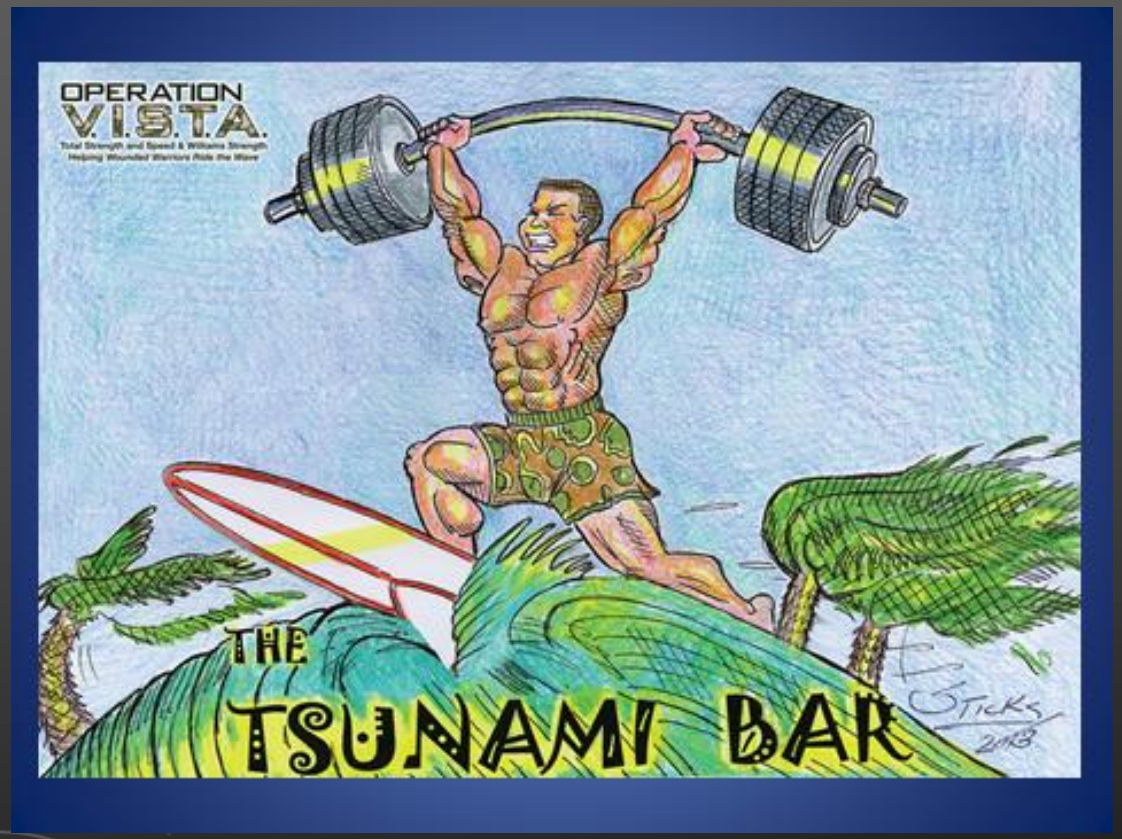

TSUNAMI BAR™ SPECIALIST CERTIFICATION
THIS IS TO CERTIFY THAT THE BELOW NAMED INDIVIDUAL HAS MET THE REQUIREMENTS ESTABLISHED BY TSUNAMI BAR™ LLC, AND THE DIRECTORS OF THE TSUNAMI BAR™ SPECIALIST CERTIFICATION BOARD IN ALL PHASES OF SAFETY PROTOCALS, PROPER LIFTING METHODS, SCIENTIFIC RESEARCH FINDINGS, PRODUCT LINE, AND SELECTED SPORTS SPECIFIC USES OF THE TSUNAMI BAR™ FLEXIBLE BARBELL AND HAS, THEREFORE, EARNED ALL RIGHTS AND PRIVILEDGES OF A CERTIFIED TSUNAMI BAR™ SPECIALIST.
DAVID ABERNETHY #0002 05/01/2013
Gordon Brown, President Tsunami Bar™, LLC
David Abernethy, Vice President Tsunami Bar™,LLC
Dr. Tony Caterisano, Director of Tsunami Bar™ Certification
Proudly Designed & Made in the USA

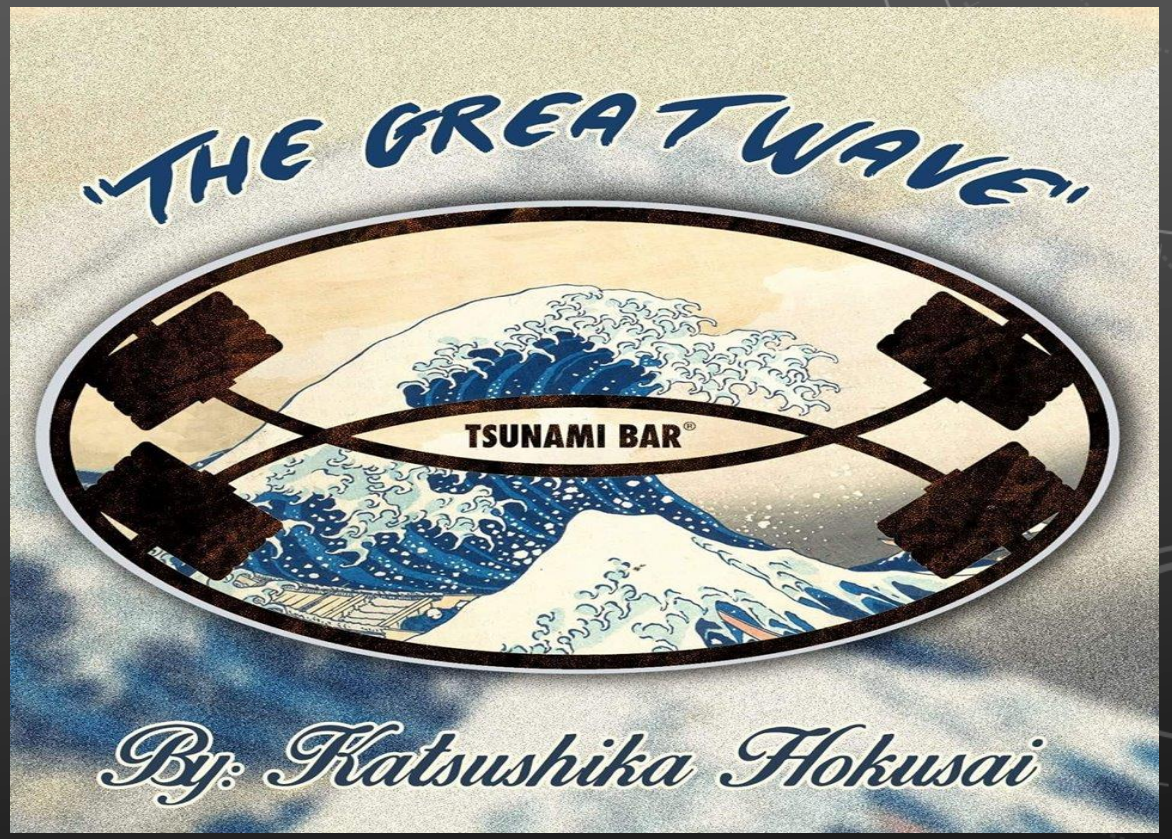

TSUNAMI
POWER


Bearer of this coin is a
CERTIFIED
TSUNAMI BAR©
SPECIALIST
PATENTED

WORLDWIDE IMPACT

FUN CONTRIBUTIONS



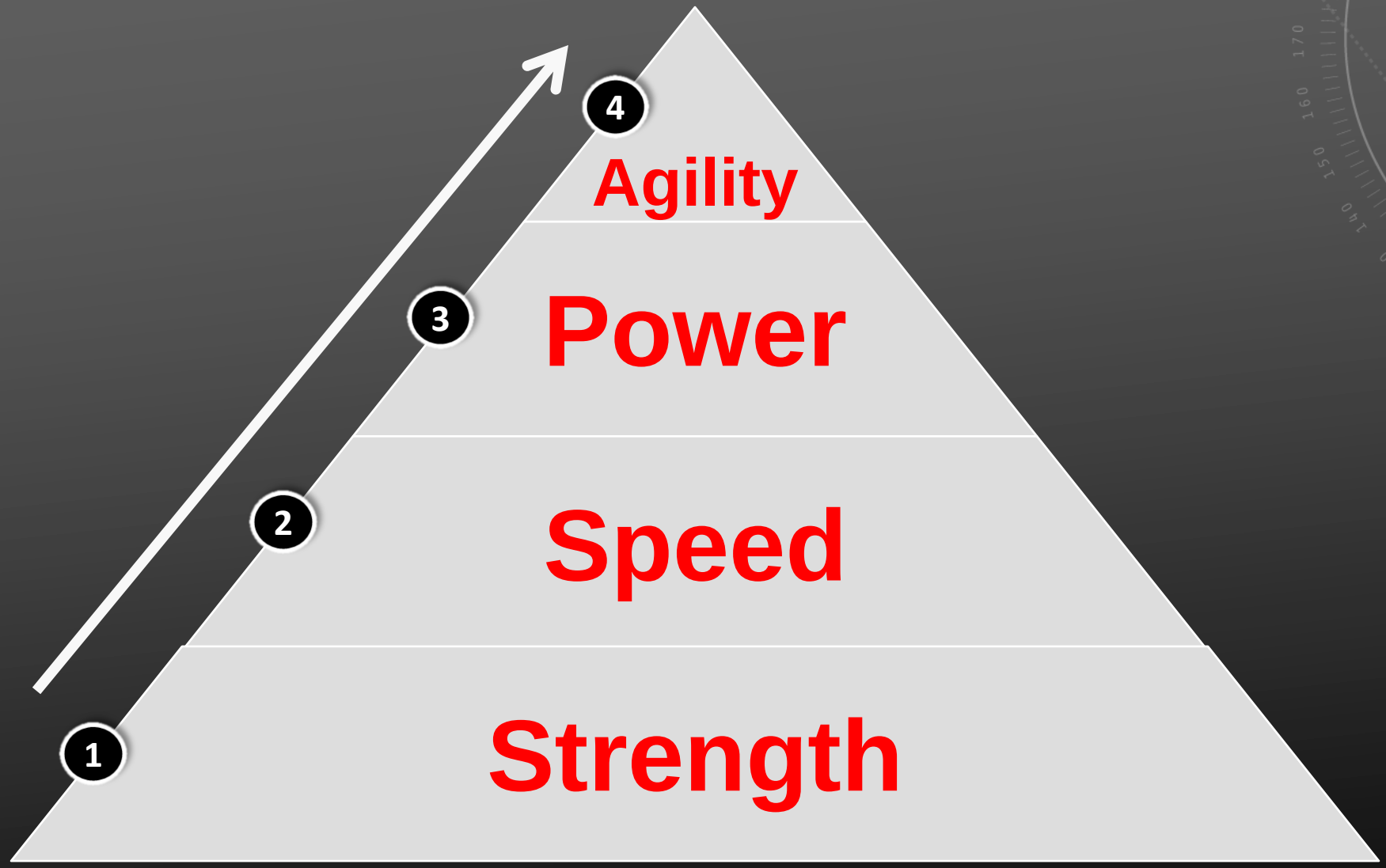


MEDIA PUBLICITY

HOW DO WE SELL OUR CRAFT?
PHYSICS!

- **Newton's Third law:** When one body exerts a force against a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction to that of the first body
- For every action there is an equal or opposite reaction

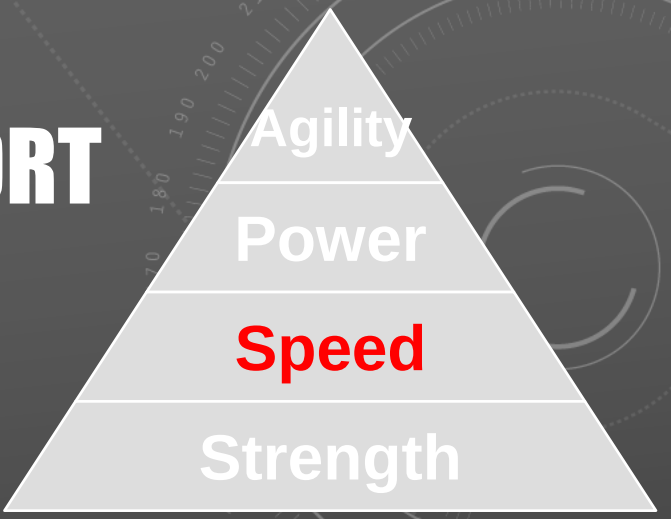
Hierarchy of Athletic Success



STRENGTH

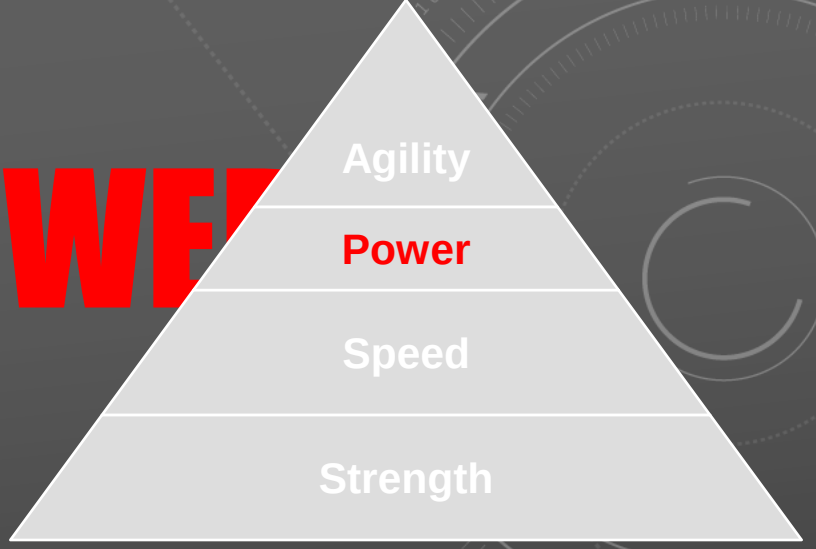
- The ability to generate maximal force in a single voluntary muscle contraction.
- This recruits the most motor units, including the highest threshold motor units.
- These high threshold motor units are the fast twitch (Type IIb & X) and largest muscle fibers that can only be recruited with maximal weight or resistance.

SPEED – THE APPLICATION OF POWER TO SPORT SPECIFIC MOTION



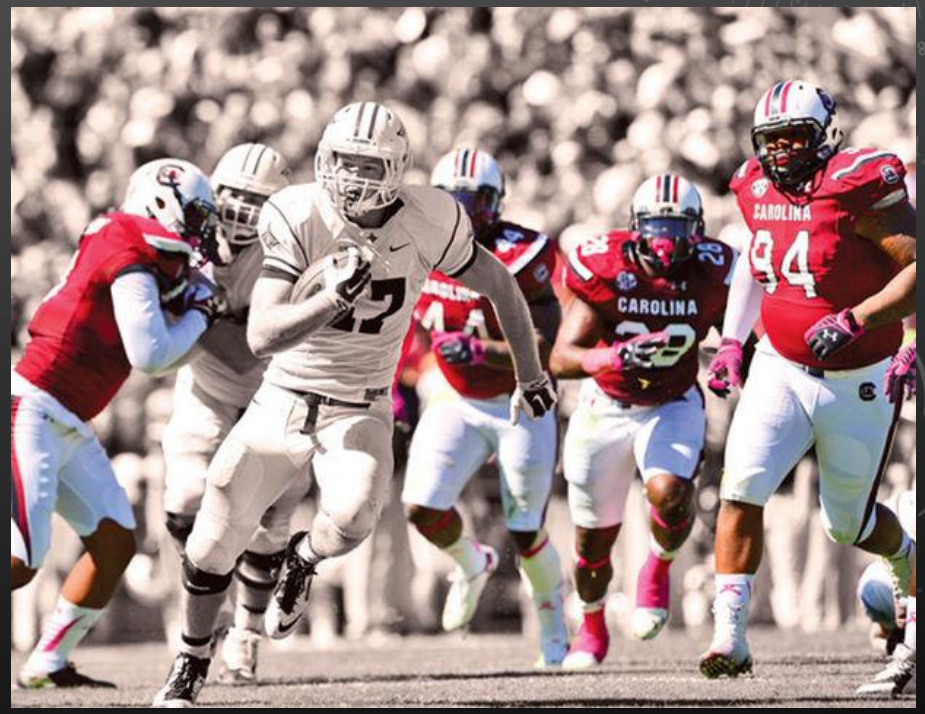
- This could be one component of a complex sport performance such as developing quick hands on an offensive lineman's "punch".
- Or it could be the entire performance such as Olympic Lifting.
- A flexible barbell has proven to enhance speed and muscle contraction.

TO INCREASE ATHLETIC SUCCESS, TRAIN FOR POWER

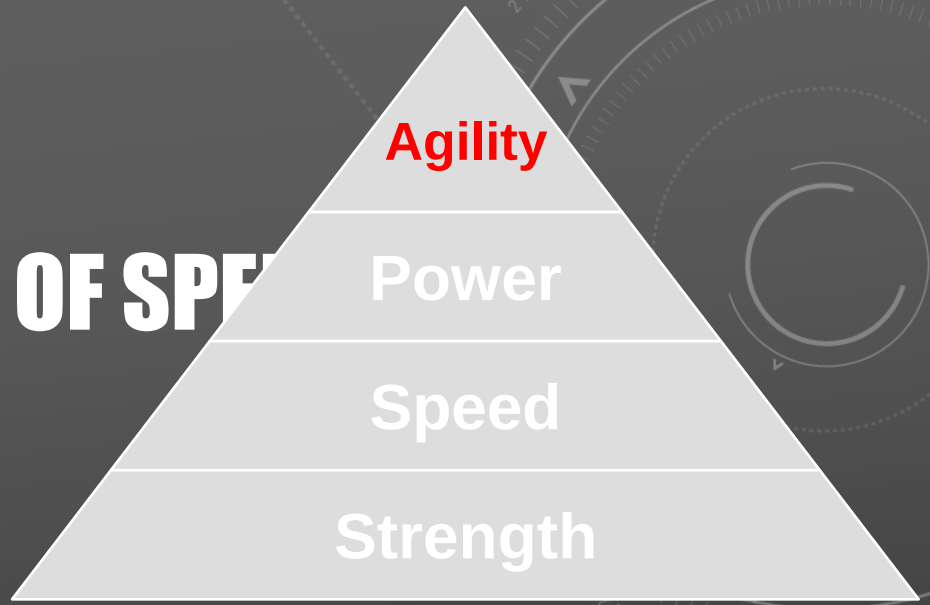


- Power= Explosive Strength = Strength X Speed
  The Ability to Exert Force Quickly.
- Explosive Rotary Hip Drive
- More Force in the Ground Quickly!
- Measured by: Vertical Jump,

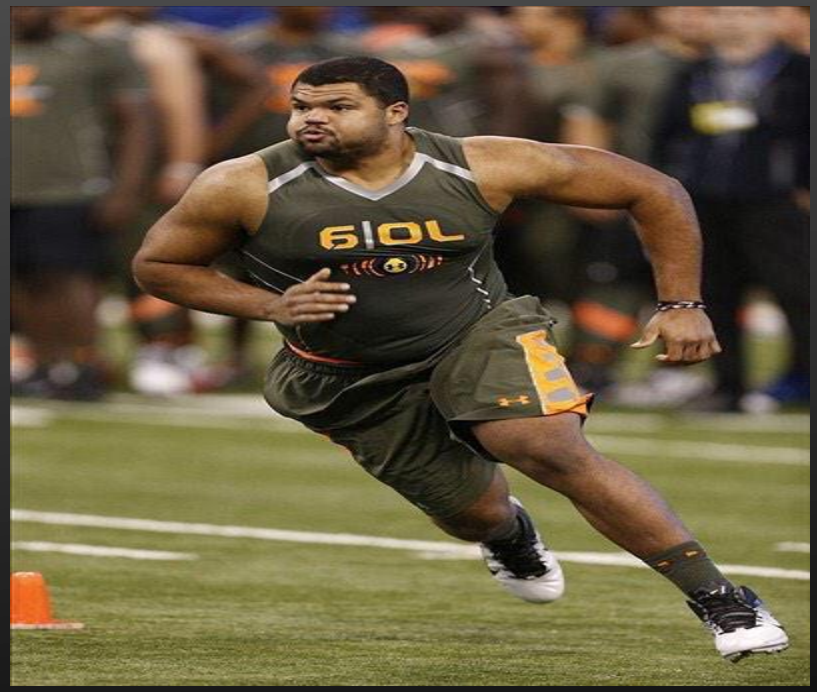
  Med Ball Throw , Margaria-Kalamen Step Test, and Standing Long Jump



AGILITY: THE APPLICATION OF SPE



- This includes such skills as acceleration, deceleration, changing direction.
- It also includes balance, coordination, and reaction to a changing game situation.



MUSCLE GROUPS – PRIME MOVERS VS. STABILIZERS

- Stabilizers are smaller muscle groups used to balance and stabilize the joints during a lift.
- They include, often times, opposing muscle groups which must adjust and maintain balanced force, especially with an unstable resistance (i.e. strongman competitors lifting kegs filled with shot).
- Free-weights are better for training these compared to machines.
- A flexible barbell is best to train stabilization and control

DEAD WEIGHT VS. "LIVE WEIGHT"

- Most resistance training consists of dead weight.

DEAD WEIGHT VS. "LIVE WEIGHT"

- Most sport performance involves lifting "live weight".

LIFTING "LIVE WEIGHT" REQUIRES STRONG STABILIZER MUSCLES

- Live weight moves and reacts unlike dead weight.
- Live weight resistance changes unexpectedly.
- A live weight training device mimics real life sport performance better than dead weight.

THE DILEMMA : HOW DO WE TRAIN FOR POWER?

- Heavy weights can only be moved slowly (Time-Force Relationship).
- Heavy weights increase risk of injury.
- Light weights move quickly but won't build maximum strength.
- Light weights, moved quickly, must be decelerated or they will fly out of our hands.

THE DILEMMA

HOW DO WE WORK STABILIZERS?

- Machines work muscles at different angles but fail to stimulate stabilizer muscles.
- “core work” targeting stabilizers must be added to workouts – this takes time and energy away from the primary training goals.
- Free weights are dead weight – work stabilizers but in a highly predictable way.

WOULDN'T IT BE GREAT IF WE COULD TRAIN FOR BOTH STRENGTH AND POWER?

- One training device that maximizes the speed of the lift, yet provides maximal resistance at a joint-specific point in the lift?
- A device that stimulates stabilizer muscles with live weight characteristics?
- A device that was as versatile as an Olympic bar, allowing every lift that can performed on an Olympic bar to be performed on it.

THE TSUNAMI BAR

- Uses submaximal weights but generates maximal forces at critical points in the lift.
- Develops power because weights can be moved at maximal speeds
- Has ampillatory and oscillatory motion for “live weight” feel that develops stabilizer muscles.
- Flexible nature of the bar allows for acceleration through the end of the lift. Has the potential to work opposing muscle groups at the same time.
- Has the potential to work opposing muscle groups at the same time.
- Is safe because the bar is loaded with submaximal weights and conforms to the body better than a stiff bar.

THE TSUNAMI BAR – HOW IT WORKS

- Maximal forces are generated via the acceleration generated by the downward motion of the flexible bar:
- Force (F) = Mass (M) X Acceleration (A)
- When timed properly, the forces generated by the bar on the downward flex are increased by acceleration.
- This can generate up to 7 times the mass loaded on the bar, determined by our testing machine in a lab.

THE TSUNAMI BAR – HOW IT WORKS

- The maximal forces that are generated only occur for a short time at which point the lifter exerts an “impulse force” to opposite this force.
- This impulse force recruits maximal motor units similar to lifting a 1RM, which stimulates strength development at that joint angle.
- The coach can determine which joint angle correspond to athletic movements and adjust the lifts accordingly.

CLEANS, SNATCH & CSP'S

CLEAN

SNATCH

CSP'S

THE SQUAT

- BACK SQUAT
- FRONT SQUAT
- OVERHEAD SQUAT
- 3 STEP PROGRESSION
- ZERCHER SQUAT
- SPLIT SQUAT

THE BENCH

- SPEED BENCH
- FORCE BENCH
- GRIP VARIATION
- INCLINE BENCH
- PUSH PULL BENCH

TSUNAMI PUSH/PULL

THE TSUANMI JAMMER

PROGRAM DESIGN

- DAY 1: CSP = CLEAN/SQUAT/PRESS

  (PULL=TSUNAMI CLEAN AND PRESS OR JAMMERS X SPEED)

  (PUSH = FRONT SQUAT X FORCE)

  (PRESS = BENCH PERIODIZATION X VOLUME)
- DAY 2: SPC = SQUAT/PRESS/CLEAN

  (PUSH= TSUNAMI BACK SQUAT X SPEED)

  (PRESS = INCLINE BENCH PRESS X FORCE)

  (PULL = P. CLEAN PERIODIZATION X VOLUME)
- DAY 3: PCS=PRESS/CLEAN/SQUAT

  (PRESS=TSNAMI BENCH X SPEED)

  (PULL = HANG SNATCH X FORCE)

  (PUSH = SQUAT PERIODIZATION X VOLUME)

TSUNAMI BARBELL PROGRAM DESIGN
WEEK 1 DAY 1

DYNAMIC MOVEMENT PREP:

FRONT BACK SWING SKIPS 20 YARDS/STRIDE

FORWARD SWING SKIPS 20 YARDS/STRIDE

BACKWARD SWING SKIPS 20 YARDS/STRIDE

SIDE SWING SKIPS 20 YARDS/STRIDE

HIGH KNEE CARIOCA 20 YARDS FLIP

SIDE SHUFFLE 20 YARDS FLIP

3 WHISTLE A'S 20 YARDS/STRIDE

GUTS, NECKS & SHOULDERS

BAND SHOULDER COMBO	15 REPS EACH
MED BALL COMBO	15 REPS EACH
KETTLEBELL COMBO	15 REPS EACH
4 WAY NECK	15 REPS EACH

POWER/ STRENGTH TRAINING: (CSP DAY)

TSUNAMI JAMMER OR CLEANS	6,6,6,6,6,6 @ 30%
FRONT SQUAT	12,10,8,6,5

BENCH PRESS PERIODIZATION:

12x@40%___ 10x@50%___ 8x@60%___

10x@65%___ 10x@67%___ 10x@70%___

COMBO #1:

A.	LUNGE WALKS	12,12,12
B.	PULL THROUGHS	12,12,12
C.	BACK EXTENSIONS	12,12,12

COMBO#2:

A.	REVERSE HYPERS	12,12,12
B.	LOW ROW	12,12,12
C.	LAT PULL	12,12,12

COMBO#3:

A.	TRICEP EXTENSIONS	12,12,12
B.	HAMMER CURLS	12,12,12
C.	GRIP ROLLERS	3 SETS

COMBO#4:

A.	PLATE SHOULDER RAISES	12,12,12
B.	SIDE RAISES	12,12,12
C.	BLAST STRAP RAISES	12,12,12

TSUNAMI BARBELL PROGRAM DESIGN
WEEK 1 DAY 2

DYNAMIC MOVEMENT PREP:

FRONT BACK SWING SKIPS 20 YARDS/STRIDE

FORWARD SWING SKIPS 20 YARDS/STRIDE

BACKWARD SWING SKIPS 20 YARDS/STRIDE

SIDE SWING SKIPS 20 YARDS/STRIDE

HIGH KNEE CARIOCA 20 YARDS FLIP

SIDE SHUFFLE 20 YARDS FLIP

3 WHISTLE A'S 20 YARDS/STRIDE

GUTS, NECKS & SHOULDERS

BAND SHOULDER COMBO	15 REPS EACH
MED BALL COMBO	15 REPS EACH
KETTLEBELL COMBO	15 REPS EACH
4 WAY NECK	15 REPS EACH

POWER/ STRENGTH TRAINING: (SPC DAY)

TSUNAMI SPEED SQUATS	6,6,6,6,6,6 @ 30%
INCLINE PRESS	12,10,6,8,5

POWER CLEAN PROGRESSION/PERIODIZATION:

5 SHRUGS, 4 PULLS *5x@45%___ 5x@55%___*

5x@65%___ 5x@75%___ 5x@80%___

COMBO #1:

PLYO BOX JUMPS	3 SETS
STAND GOOD MORN.	12,12,12
3 WAY CALVE RASIES	3 SETS

COMBO#2:

REVERSE LUNGE WALKS	10 YARDS X 4
BOSU BALL SIDE STEP LUNGES	12,12,12
REVERSE HYPERS	12,12,12

COMBO#3

TSUNAMI BAR FRONT BACKS	12,12,12
TSUNAMI PUSH PULL BEND OVER ROWS	12,12,12
TSUNAMI CURLS	12,12,12

COMBO#4:

GRIP WORK WRIST ROLL UPS	12,12,12
HURDLE STRETCH AFTER LIFT	6 SETS

TSUNAMI BARBELL PROGRAM DESIGN
WEEK 1 DAY 3

DYNAMIC MOVEMENT PREP:

FRONT BACK SWING SKIPS 20 YARDS/STRIDE

FORWARD SWING SKIPS 20 YARDS/STRIDE

BACKWARD SWING SKIPS 20 YARDS/STRIDE

SIDE SWING SKIPS 20 YARDS/STRIDE

HIGH KNEE CARIOCA 20 YARDS FLIP

SIDE SHUFFLE 20 YARDS FLIP

3 WHISTLE A'S 20 YARDS/STRIDE

GUTS, NECKS & SHOULDERS

BAND SHOULDER COMBO	15 REPS EACH
MED BALL COMBO	15 REPS EACH
KETTLEBELL COMBO	15 REPS EACH
4 WAY NECK	15 REPS EACH

POWER/ STRENGTH TRAINING: (PCS DAY)

TSUNAMI SPEED BENCH 6,6,6,6,6,6 @ 30%

HANG SNATCH 5,4,3,3,2,2

BACK SQUAT PERIODIZATION:

12x@40%___ 10x@55%___ 8x@60%___

10x@65%___ 10x@70% ___10x@75%___

COMBO #1:

A.	DB INCLINE BENCH	12,12,12
B.	THREE WAY SHOULDER RAISE	12,12,12
C.	DB TRICEP EXTENSIONS	12,12,12

COMBO#2:

A.	LAT PULL	12,12,12
B.	LOW ROW	12,12,12
C.	BACK EXTENSIONS	12,12,12

COMBO#3:

A.	RDL'S	12,12,12
B.	REVERSE HYPERS	12,12,12

COMBO#4:

A.	HAMMER CURLS	12,12,12
B.	CALVE RAISES	12,12,12

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