WORKOUT GUIDE

TIM O'DONNELL | REGIONAL CHAMPION

PROGRAM TRAINER FOR 2 YEARS

Follow just a example, the O'Donnell 7 day workout guide. Tim's workouts are a mix of cardio, sprints, jumping, swimming, and weight workouts.

For maximum results, optimize your workouts and nutrition. Tim's diet recommendations for athletes.

How does Hale Sport work?

Hale Sport is a 12 week program focusing on improvements in speed, endurance, and strength. Tim's 7 day workout guide is a 12 week program starting around mid-June (week 1 of "Hot" tracks) - some will remain in a slight deficit for 10 weeks, some will remain at maintenance.

WEEK ONE

TIM'S TARGET PERFORMANCE MEASURE:

POWER OUTPUT

Why is this important?

Power is the core of the only ways to sustain, sprint, change direction, jump, lift, fight and power climbs. Without power, performance, has just is cycling but running and swimming as well.

TIM'S TRAINING PROGRESS

WITH HALE SPORT

BASELINE

330

WATTS

TRAINING TIME: 4 WEEKS

FINAL

360

WATTS

TIM'S RESULTS

+30

WATTS

"I LIKE HALE FOR ALL MY KEY SESSIONS, AND I'M HITTING THE BEST SPLITS I'VE SEEN IN YEARS."

– TIM O'DONNELL

HOW HARD SHOULD I GO?

EASY:

Conversation, breathing, easy (in comfort)

FASTEPACE INTENSITY:

Conversation is difficult (breathing, uncomfortable)

HALF PACE:

Conversation is not same day for sustain, 3/4ish

WEEK ONE

DAY ONE

MONDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

FOR ENHANCED ON HALE SPORT

HALF PULLS
30 SECONDS OFF, 30 SECONDS ON

FORWARD ROTATION
30 SECONDS

FULL PULLS
30 SECONDS ON / 30 SECONDS OFF

BICEP CURLS
30 SECONDS ON / 30 SECONDS OFF

WORKOUT

KEY SWIM
1 ROUND OF 30 SECONDS
REST 30 SECONDS BETWEEN ROUNDS

DAY TWO

TUESDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

JOG
30 MINUTES

DRILLS
10 SECONDS OF SKIPS (HALE), GRAPEVINES, SKIPPING, CRAWL

WORKOUT

KEY RUN (WITH INTERVALS)
1 ROUND OF 30 SECONDS
REST 1 MINUTE BETWEEN INTERVALS

WEEK ONE

DAY THREE

WEDNESDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

LUNGE WITH TWIST
20 EA

KNEE TO CHEST
20 EA

JUMP SQUATS
20 EA

HIGH KICKS
20 EA

WORKOUT

SEATED CABLE ROW
20 EA

COUNTERBALANCE SQUAT
20 EA

LAT PULLDOWN
20 EA

REVERSE LUNGE
20 EA

STEP UP
20 EA

WEEK TWO

DAY FOUR

THURSDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

SPIN WARM UP
10 MINUTES

SPIN INTERVAL I
1 ROUND OF 30 SECONDS
REST 30 SECONDS BETWEEN ROUNDS

SPIN INTERVAL II
1 ROUND OF 30 SECONDS / 30 SECONDS REST
2 FOR 10 SECONDS / 20 SECONDS REST

SPIN INTERVAL III
REST 30 SECONDS / REST 30 SECONDS

WORKOUT

KEY BIKE (WITH INTERVALS)
REST 1 MINUTES BETWEEN INTERVALS

WEEK TWO

DAY FIVE

FRIDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

JOG
30 MINUTES

DRILLS
10 SECONDS OF SKIPS (HALE), GRAPEVINES, SKIPPING, CRAWL

WORKOUT

KEY SWIM
1 ROUND OF 30 SECONDS
REST 30 SECONDS / REST 30 SECONDS
REST 30 SECONDS AT EAST REST
REST 30 SECONDS

LONG RUN
1 ROUND OF 60 MINUTES
REST 30 SECONDS / REST 120 SEC

WEEK TWO

DAY ONE

MONDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

FOR ENHANCED ON HALE SPORT

HALF PULLS
30 SECONDS OFF, 30 SECONDS ON

FORWARD ROTATION
30 SECONDS ON, 30 SECONDS OFF

FULL PULLS
30 SECONDS ON / 30 SECONDS OFF

BICEP CURLS
30 SECONDS ON / 30 SECONDS OFF

WORKOUT

KEY SWIM
1 ROUND OF 30 SECONDS
REST 30 SECONDS / REST 30 SECONDS
REST 30 SECONDS AT EAST REST
REST 30 SECONDS

DAY TWO

TUESDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

JOG
30 MINUTES

DRILLS
10 SECONDS OF SKIPS (HALE), GRAPEVINES, SKIPPING, CRAWL

WORKOUT

KEY RUN (WITH INTERVALS)
1 ROUND OF 30 SECONDS
REST 1 MINUTES BETWEEN INTERVALS

WEEK TWO

DAY THREE

WEDNESDAY

WEAR HALE SPORT TOP (8 WRISTS) DURING YOUR WORKOUT. THIS TAKE IT OFF.

LUNGE WITH TWIST
20 EA

KNEE TO CHEST
20 EA

JUMP SQUATS
20 EA

HIGH KICKS
20 EA

WORKOUT

SEATED CABLE ROW
20 EA

COUNTERBALANCE SQUAT
20 EA

LAT PULLDOWN
3x10

REVERSE LUNGE
3x10

STEP UP
3x10

WEEK THREE

DAY FOUR
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

SPIN WARM UP
5 MINUTES

SPIN INTERVAL I
5 LEVEL 10 SECONDS ON / 50 SECONDS OFF

SPIN INTERVAL II
20 ON 20 SECONDS ON / 40 SECONDS OFF
SPRINT STRETCH 20 SECONDS ON / 40 SECONDS OFF

SPIN INTERVAL III
HUM 20 SECONDS ON / 40 SECONDS OFF

WORKOUT

KEY BIKE (WEEK SEPARATELY)
400 SECONDS, 300 SECONDS, 200 SECONDS
REST FOR 60 SECONDS BETWEEN 2 & 3

WEEK FOUR

DAY FIVE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

LONG RUN
GRADE 10 ON 20 SECONDS
TARGET HEART RATE: 138 BP

WEEK FOUR

DAY ONE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

HALF PULLS
20 SECONDS ON / 20 SECONDS OFF

FORWARD ROTATION
20 SECONDS ON / 20 SECONDS OFF

FULL PULLS
20 SECONDS ON / 20 SECONDS OFF

BICEP CULRS
20 SECONDS ON / 20 SECONDS OFF

WORKOUT

KEY SWIM
SUPER COUNTER 2 FREE REST, REST 20 SECONDS
SUPER COUNTER 2 BACK REST, REST 20 SECONDS
SUPER COUNTER 2 FLY REST, REST 20 SECONDS
SUPER 10

WEEK TWO

DAY TWO
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

KEY RUN (WEEK SEPARATELY)
200 MINUTES, 300 MINUTES, 1:00 MINUTES, 2:00 MINUTES, 3:00 MINUTES, 4:00 MINUTES
REST FOR 60 SECONDS BETWEEN 2 & 3

WEEK THREE

DAY THREE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

KEY RUN (WEEK SEPARATELY)
200 MINUTES, 300 MINUTES, 1:00 MINUTES, 2:00 MINUTES, 3:00 MINUTES, 4:00 MINUTES
REST FOR 60 SECONDS BETWEEN 2 & 3

LUNGE WITH TWIST
3x10

KNEE TO CHEST
3x10

JUMP SQUATS
3x10

HIGH KICKS
3x10

WORKOUT

SEATED CABLE ROW
3x10

COUNTERBALANCE SQUAT
3x10

LAT PULLDOWN
3x10

REVERSE LUNGE
3x10

STEP UP
3x10

WEEK FOUR

DAY FOUR
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

SPIN WARM UP
5 MINUTES

SPIN INTERVAL I
5 LEVEL 10 SECONDS ON / 50 SECONDS OFF

SPIN INTERVAL II
20 ON 20 SECONDS ON / 40 SECONDS OFF
SPRINT STRETCH 20 SECONDS ON / 40 SECONDS OFF

SPIN INTERVAL III
HUM 20 SECONDS ON / 40 SECONDS OFF

WORKOUT

KEY BIKE (WEEK SEPARATELY)
400 SECONDS, 300 SECONDS, 200 SECONDS
REST FOR 60 SECONDS BETWEEN 2 & 3

WEEK FIVE

DAY FIVE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

LONG RUN
GRADE 10 ON 20 SECONDS
TARGET HEART RATE: 138 BP

WEEK FOUR

DAY ONE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

HALF PULLS
20 SECONDS ON / 20 SECONDS OFF

FORWARD ROTATION
20 SECONDS ON / 20 SECONDS OFF

FULL PULLS
20 SECONDS ON / 20 SECONDS OFF

BICEP CURLS
20 SECONDS ON / 20 SECONDS OFF

WORKOUT

KEY SWIM
SUPER COUNTER 2 FREE REST, REST 20 SECONDS
SUPER COUNTER 2 BACK REST, REST 20 SECONDS
SUPER COUNTER 2 FLY REST, REST 20 SECONDS
SUPER 10

WEEK THREE

DAY TWO
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

KEY RUN (WEEK SEPARATELY)
200 MINUTES, 300 MINUTES, 1:00 MINUTES, 2:00 MINUTES, 3:00 MINUTES, 4:00 MINUTES
REST FOR 60 SECONDS BETWEEN 2 & 3

LUNGE WITH TWIST
3x10

KNEE TO CHEST
3x10

JUMP SQUATS
3x10

HIGH KICKS
3x10

WORKOUT

SEATED CABLE ROW
3x10

COUNTERBALANCE SQUAT
3x10

LAT PULLDOWN
3x10

REVERSE LUNGE
3x10

STEP UP
3x10

WEEK FOUR

DAY FOUR
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

SPIN WARM UP
5 MINUTES

SPIN INTERVAL I
5 LEVEL 10 SECONDS ON / 50 SECONDS OFF

SPIN INTERVAL II
20 ON 20 SECONDS ON / 40 SECONDS OFF
SPRINT STRETCH 20 SECONDS ON / 40 SECONDS OFF

SPIN INTERVAL III
HUM 20 SECONDS ON / 40 SECONDS OFF

WORKOUT

KEY BIKE (WEEK SEPARATELY)
400 SECONDS, 300 SECONDS, 200 SECONDS
REST FOR 60 SECONDS BETWEEN 2 & 3

WEEK FIVE

DAY FIVE
WALKAWAY

WEAR HOLD SPORT FOR 20 MINUTES DURING YOUR WORKOUT THIS TWO 7 DAY

TOTAL ACCUMULATED TIME: 1:20:00

JOG
10 MINUTES

DRILLS
10 MINUTES OF BUTT KICKS, GRAPEVINES, SKIPPING, CROSS

WORKOUT

LONG RUN
GRADE 10 ON 20 SECONDS
TARGET HEART RATE: 138 BP

COPYRIGHT WWW.WALKAWAYWALLSTREET.COM

halo SPORT

LACHLAN PENFOLD
ELITE PERFORMANCE COACH

FOUR ESSENTIAL DRILLS

ALL ATHLETES SHOULD DO

The Golden State Warriors and Melbourne Storm achieved their best seasons in history under performance coach Lachlan Penfold. Here are his go-to workouts.

SCROLL FOR MORE

Want even better results?
Accelerate your athleticism with Halo Sport, the first neurostimulator for athletes.

How does Halo Sport work?

Halo Sport accelerates training improvements in skill, power, and endurance. Wear the headset for 20 minutes during your warm-up, then take it off. Your motor cortex will remain in a state of hyperlearning for another 60 minutes.

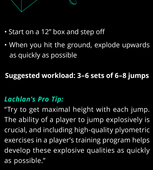
Learn more at haloneuro.com.

LACHLAN PENFOLD'S
GO-TO DRILLS FOR MAX ATHLETICISM

"I have used these drills paired with Halo Sport to accelerate strength and skill development in NRL and NBA players. The neurological component of optimizing an athlete's training is an area that has been largely untapped, and Halo Sport is providing scientifically proven methods to improve training output."

Box Rebound Jump

Focus: Explosive power and elastic strength



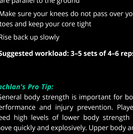
- Start on a 12" box and step off
- When you hit the ground, explode upwards as quickly as possible

Suggested workload: 3-6 sets of 6-8 jumps

Lachlan's Pro Tip:
"Try to get maximal height with each jump. The ability of a player to jump explosively is crucial, and including high-quality plyometric exercises in a player's training program helps develop these explosive qualities as quickly as possible."

Squats

Focus: Lower body strength



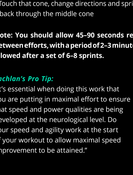
- Stand with your feet slightly wider than hip-width apart
- Lower your hips down and back (as if you are sitting down into a chair), until your thighs are parallel to the ground
- Make sure your knees do not pass over your toes and keep your core tight
- Rise back up slowly

Suggested workload: 3-5 sets of 4-6 reps

Lachlan's Pro Tip:
"General body strength is important for both performance and injury prevention. Players need high levels of lower body strength to move quickly and explosively. Upper body and core strength is important for holding position and not getting pushed around."

5–10–5 Shuttle

Focus: Speed and agility



- Set up 3 cones in a straight line, each 5 yards apart from each other
- Start at the middle cone in a defensive stance
- Sprint to touch the cone in either direction
- Change directions and sprint to the farthest cone
- Touch that cone, change directions and sprint back through the middle cone

Note: You should allow 45-90 seconds rest between efforts, with a period of 2-3minutes allowed after a set of 6-8 sprints.

Lachlan's Pro Tip:
"It's essential when doing this work that you are putting in maximal effort to ensure that speed and power qualities are being developed at the neurological level. Do your speed and agility work at the start of your workout to allow maximal speed improvement to be attained."

Baseline Sprints

Focus: Endurance

- Start at the out of bounds line along the baseline
- Sprint across the baseline and back
- Rest for twice as long as it took you to complete the sprint.
- For example, if you ran it in 15 seconds, you should rest for 30 seconds and then go again.

If you don't have access to a basketball court, set up 2 cones 50 feet apart and sprint between them.

Suggested workload: 3-6 sets of 8-12 reps, with a 2-min recovery

Lachlan's Pro Tip:
"Getting this training done at the end of your workout will improve your work capacity, helping you perform better in late-game situations."

Learn more at
haloneuro.com

halo SPORT

MITCH DOBBYN
WORLD LONG DRIVE PRO

8 SUREFIRE STEPS TO

DRIVE THE BALL FARTHER

Professional long driver and golf fitness expert Mitch Dobbyn reveals his top tips and training plan to build power and maximize driving distance.

SCROLL FOR MORE

Want even better results?
Accelerate your athleticism with Halo Sport, the first neurostimulator for athletes.

How does Halo Sport work?

Halo Sport accelerates training improvements in skill, power, and endurance. Wear the headset for 20 minutes during your warm-up, then take it off. Your motor cortex will remain in a state of hyperlearning for another 60 minutes.

Learn more at haloneuro.com.

MITCH DOBBYN'S
TOP TIPS TO DRIVE THE BALL AS FAR AS POSSIBLE

1 REMOVE TENSION FROM THE BODY

Tight muscles don't move fast. Stay loose to move faster and develop more power.

2 STAY INSIDE YOUR TUBE

Don't sway and slide from left to right. Staying centered will help you make solid contact with the ball.

3 ALLOW YOUR BACKSWING TO COMPLETE

Much like a car switching from reverse to drive, you need a transition point. Make sure to complete your backswing before starting to move forward.

4 HIPS FIRST, HANDS LAST, BUT FAST

Lead with your hips first, then come in with your shoulder and arms. Your hands should be the last thing to come through.

5 KEEP YOUR EYES ON THE BALL

You've probably heard this a million times, but it's critically important to watch the ball throughout the entire swing.

6 KEEP A NEUTRAL SPINE

Instead of arching your body, stay upright throughout the swing.

7 BALANCE YOUR WEIGHT

As you transition through your swing, keep your weight on the inside of your feet. If you let weight shift to the outside of your feet, you'll lose power.

8 FOLLOW THROUGH

Even for short shots, people tend to decelerate when they make contact. Make sure to accelerate through the ball.

MITCH'S TRAINING PLAN

Before you hit the driving range, build power with my training plan.

Driving the ball as far as possible starts with building lower body strength and explosiveness in the gym. Perform these workouts with heavy weights (Mitch's suggestion: 80% of your one-rep max) and focus on moving the weight as fast as possible.

To quote Mitch directly, "The FASTER you can move weight, the MORE weight you can move. The MORE weight you can move, the FASTER you can move weight. That's what translates to a fast and powerful swing."

WORKOUT 1

KETTLEBELL SWING	3x6	○
FROG JUMP	3x6	○
DEADLIFT	3x6	○

WORKOUT 2

KETTLEBELL SNATCH	3x6	○
BOX JUMP	3x6	○
OVER SPEED GOLF SWING	3x6	○
CABLE CHOP	3x6	○

WORKOUT 3

CABLE PRESS	3x6	○
SQUAT	3x6	○
MEDICINE BALL CHEST THROW	3x6	○

Mitch Dobbyn trains with Halo Sport to drive golf balls even farther. You can too.

Learn more at **haloneuro.com**

halo
neuroscience

KARI PEARCE | CROSSFIT PRO ATHLETE

7 INSIDER SECRETS TO GET YOUR FIRST RING MUSCLE UP

Kari Pearce reveals her top tips and workouts to nail form and gain strength.

Get your ring muscle up faster with Halo Sport, the first neurostimulator for athletes.

How does Halo Sport work?

Halo Sport accelerates training improvements in technique, strength, and explosiveness. Wear the headset for 20 minutes during your warmup, then take it off. Your motor cortex will remain in a state of hyperlearning for another 60 minutes. Learn more at haloneuro.com.

KARI PEARCE'S RING MUSCLE UP SECRETS

CrossFit's most respected skill requires a perfect balance of strength and technique. With Kari's pro tips, you're one step closer to achieving your first ring muscle up.

1 BUILD PULL UP AND DIP STRENGTH.

You should be able to do 5 unbroken reps of strict pull ups and strict dips before attempting muscle ups.

2 KEEP YOUR KIP SWING TIGHT.

Keep tension in your body throughout the swing so you don't lose power. The swing should help you create momentum to get above the rings.

3 USE YOUR HIPS CORRECTLY.

This means pulling with your arms right after your hips explosively extend.

4 PULL THE RINGS TO YOUR RIBS,

not your chest. If you just pull the rings to your chest (like a pull up), you won't be able to turn it over and land on the rings.

5 PERFORM A FAST SIT UP.

A muscle up is a quick movement, so timing is very important.

6 KICK YOUR FEET BEHIND YOU

as you sit up. If your feet are in front of you, it will be difficult to get in a nice ring dip position to press up on the muscle up.

7 KEEP THE RINGS CLOSE TO YOUR SIDE

instead of pushing them away. This is a common mistake after achieving your bar muscle up. The rings are unstable, so you have to control them.

Keep Kari's insider secrets in mind as you follow her workout plan

How Kari determines reps and weight

You should be able to complete the final rep of each set, but it should be very difficult. Adjust reps or add weight as necessary to achieve this goal.

WORKOUT 1

RING KIP SWING
3X10

STRICT PULL-UP
5X6

STRICT RING DIP
5X6

WORKOUT 2

HOLLOW HOLD
3X :30 SECONDS

ARCH HOLD
3X :30 SECONDS

JUMPING RING MUSCLE UP
5X3

WORKOUT 3

WEIGHTED PULL-UP
8X1

WEIGHTED RING DIP
8X1

RIB-TO-RIB KIP SWING
5X3

V-UPS
4X10

WORKOUT 4

NEGATIVE MUSCLE UP
8X1

LOW RING TRANSITION
8X1

PULL-UP HOLD
5X3

RING DIP HOLD
4X :15 SECONDS

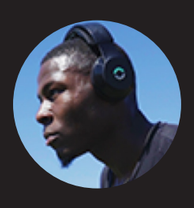
Learn more at
www.haloneuro.com

halo neuroscience

BRAIN TRAINING TO IMPROVE PERFORMANCE

POWER

MOTOR CORTEX TRAINING GUIDE



FEATURED ATHLETE

T.J. Carrie

Defensive Back
Oakland Raiders

TARGET PERFORMANCE MEASURE

VERTICAL LEAP

Why it's important

All sports use vertical leap to analyze athleticism; improving vertical leap demonstrates not only physical strength, but also an ability to train the brain to harness that strength for explosiveness. In the game this translates to blocked shots in basketball and breaking up passes, and exploding off the line in football.

How to measure

The simplest way to measure vertical jump is to stand next to a wall and place a piece of tape as high as you can. Then, jump up and place a new piece of tape at your jump's peak. Measure the difference to find your vertical leap. Repeat this test every 2 weeks to track improvement over time.

TRAINING PROGRESS

BASELINE
36
INCHES

TRAINING TIME: 4 WEEKS

FINAL
44
INCHES

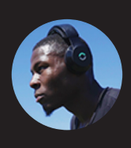
+8
INCHES

MY RESULT

From T.J., "Coming out of offseason training you're going to see improvements. But pairing Halo Sport with that training took my results to a level I never expected."

"I BELIEVE THAT IF YOU PUT IN THE WORK, YOU WILL SEE RESULTS – AND HALO SPORT IS THE PRODUCT I FEEL EXEMPLIFIES THIS MENTALITY AND APPROACH. "

- T,J, CARRIE



FEATURED ATHLETE
T.J. Carrie

T.J.'s vertical leap training plan

NEUROPRIMING WARMUP

Begin Neuropriming

Put on Halo Sport and start stimulation via the app.

A Neuropriming session lasts 20 minutes — ideal for pairing with a warm-up. After 20 minutes, you can remove the headset and complete more aggressive training movements. Your motor cortex will remain in a "hyperplastic" (hyperlearning) state for 1 hour after the Neuropriming session ends.

Agilities	10 mins: walk lunges, straight leg touches, high knees, & carioka
Stretches	5 mins: hips, quads, glutes, hamstrings, & calves
Range of motion	5 mins: leg swings, knee to chest, body weight squats, leg circles, & lunges

Remove headset

After the stimulation ends, take off Halo Sport and begin workout.

DAY 1

Exercise	Week 1	Week 2	Week 3	Week 4
	Baseline test *		Jump test*	
Neuropriming warmup (see above)				
Single leg squat with TRX band	2 X 25 reps each leg	2 X 25 reps each leg	2 X 30 reps each leg	2 X 30 reps each leg
Single leg box jump with stabilization	3 X 8-12 reps each leg	3 X 8-12 reps each leg	4 X 6-8 reps each leg	4 X 8-10 reps each leg
Glute-ham raise	3 X 20 sec hold	3 X 20 sec hold	3 X 25 sec hold	3 X 25 sec hold
Jump rope	3 X 100 jumps	3 X 100 jumps	3 X 120 jumps	3 X 120 jumps

** Do a jump test before your workout to set your baseline.*

** Remeasure your vertical jump every two weeks.*

DAY 2

Exercise	Week 1	Week 2	Week 3	Week 4
Neuropriming warmup (see above)				
Band hip circuit				
Squat - band around knees	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Single leg rotation - band around knees	2 X 10 reps, each leg	2 X 10 reps, each leg	2 X 12 reps, each leg	2 X 12 reps, each leg
Skaters - band around ankles	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Knee raises - band around ankles	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Squats				
Barbell squats*	5 X 5 reps	5 X 5 reps	5 X 6-8 reps	5 X 6-8 reps
Dumbell split squats*	3 X 8 reps, each leg	3 X 8 reps, each leg	3 X 10 reps, each leg	3 X 10 reps, each leg
Jump squats*	2 X 5 reps	2 X 5 reps	2 X 6-8 reps	2 X 6-8 reps
Lateral lunges with kettlebell	3 x 8 reps, each leg	3 x 8 reps, each leg	4 x 5 reps, each leg	4 x 5-6 reps, each leg

DAY 3

Exercise	Week 1	Week 2	Week 3	Week 4
Neuropriming warmup (see above)				
Dead lifts*	3 X 8 reps	3 X 8 reps	3 X 10 reps	3 X 10 reps
Single leg jump depth jumps				
12" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
15" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
18" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
20" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
Single leg Romanian Dead Lift w/ kettlebell*	3 X 5 reps	3 X 6-8 reps	3 X 8 reps	3 X 8 reps

* How T.J. determined how much to lift:

From T.J., "During Week 1, I set my weights so that I know I can complete my reps. I then challenge myself to increase weight each session so that I'm always compleing my reps, but not able to do anything extra. Finishing all reps with proper form is the key; weights are secondary."

Visit www.haloneuro.com to learn more about Halo Sport.