

# Electric Life Strength & Movement System™

## Advanced Phase (12-Week Program)

**Maximize Strength. Express Power. Perform at a High Level.**

This phase is where strength turns into performance. Designed for individuals with a solid training base, the advanced program focuses on producing force, expressing power, and moving with efficiency under higher demands.

At Electric Life Chiropractic in Indianapolis, this is where we take everything built in earlier phases and refine it — integrating strength, speed, coordination, and conditioning into a cohesive system. The goal is no longer just to move well, but to perform with confidence, control, and resilience in any environment.

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### WHO THIS PROGRAM IS FOR

- Consistent training history (6+ months)
- Strong movement mechanics
- Comfortable with loading, coordination, and conditioning
- Wants performance, not just fitness

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### CORE PHILOSOPHY

At Electric Life Chiropractic in Indianapolis:

This phase is not about doing more.

It's about:

- Producing more force
- Moving more efficiently
- Expressing power through a well-regulated nervous system

You're no longer just training —  
you're **performing with intention**.



## 12-WEEK PROGRESSION MODEL

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### Weeks 1–4 → MAX STRENGTH BASE

**Focus:** High tension, controlled strength

- Moderate-heavy loads
- Clean mechanics
- Build force production

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### Weeks 5–8 → STRENGTH + POWER

**Focus:** Convert strength → speed

- Introduce more explosive work
- Maintain strength lifts
- Increase intensity

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## Weeks 9–12 → PEAK PERFORMANCE

**Focus:** Efficiency + output

- High-quality reps
- Lower volume, higher intent
- Faster, sharper sessions

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### ▼ DELOAD (Weeks 4, 8, 12)

- Reduce volume 30%
- Maintain intensity (don't go too light)
- Focus on speed, control, and recovery



## WEEKLY TRAINING STRUCTURE

**4 Days Per Week**

- **Day 1:** Squat + Push + Rotation Power
- **Day 2:** Hinge + Pull + Carry
- **Day 3:** Full Body + Conditioning
- **Day 4:** Dynamic / Athletic + Recovery



## HOW TO PROGRESS

Primary lifts:

- 4 → 5 → 6 reps → increase load → reset

Power movements:

- Increase speed, not weight first

Conditioning:

- Increase density (more work, less rest)



## NERVOUS SYSTEM RULES

- Train at **RPE 7–9 (never constant max)**
- Explosive work = **full intent, low fatigue**
- If performance drops → stop the set
- Recovery is performance



## DAY-BY-DAY PROGRAM (WITH OPTIONS)

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### ◆ DAY 1 — SQUAT + PUSH + ROTATION POWER

**Intent:** Max strength + rotational force production

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#### 1. Warm-Up (8–10 min)

- Deep squat hold — 60 sec

- Hip openers — 10/side
  - Med ball rotations (light) — 5/side
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## 2. PRIMARY STRENGTH

### Squat (Choose 1)

- Back Squat
- Front Squat
- Double KB Front Squat

**5×4–6**

*Cue:* Stay tight, controlled descent, explode up

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### Push (Choose 1)

- Barbell Bench Press
- DB Bench Press
- Landmine Press

**4×4–6**

*Cue:* Full-body tension, controlled eccentric

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## 3. ROTATION POWER (Primary)

(Choose 1)

- Med Ball Rotational Throws
- Landmine Rotations
- Cable Rotational Throws

**4×4/side**

*Cue:* Explosive, hips initiate movement

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## 4. ACCESSORY

- Bulgarian Split Squat — 3×8/side
  - Half-Kneeling Press — 3×8
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## 5. Optional Conditioning

- Bike / sled intervals
  - 20s work / 60s rest × 6–8
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# ◆ DAY 2 — HINGE + PULL + CARRY

**Intent:** Posterior chain + structural strength

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## 1. Warm-Up

- Hip hinge drill — 10
  - Glute bridge — 10
  - Band row — 15
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## 2. PRIMARY STRENGTH

### Hinge (Choose 1)

- Deadlift

- Trap Bar Deadlift
- Heavy RDL

**5×4–6**

*Cue:* Brace, push through floor, maintain spine

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### **Pull (Choose 1)**

- Weighted Pull-Ups
- Heavy Lat Pulldown
- DB Row

**4×6–8**

*Cue:* Strong pull, controlled lowering

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### **3. CARRY (Choose 1)**

- Heavy Farmer Carry
- Suitcase Carry
- Front Rack Carry

**4×30–40m**

*Cue:* Resist movement, stay tall

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### **4. ACCESSORY**

- Hip Thrust — 3×8–10
  - Face Pull — 3×12
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## **◆ DAY 3 — FULL BODY + CONDITIONING**

**Intent:** Integrate strength + metabolic output

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### **1. Strength + Conditioning Circuit (4 rounds)**

- KB Swings × 15
- Push-Ups × 12
- Walking Lunges × 12/side
- Row × 12
- Rotation (Cable or Band) × 10/side

*Rest 60–90 sec between rounds*

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### **2. Conditioning Options**

#### **Option A — Intervals**

- 30s on / 60s off × 8–10

#### **Option B — Circuits**

- Continuous movement 15–20 min
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## **◆ DAY 4 — DYNAMIC / ATHLETIC + RECOVERY**

**Intent:** Power, speed, coordination

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### **1. Power (Choose 2)**

- Box Jumps — 4×3–5
- Broad Jumps — 4×3
- Med Ball Slams — 4×5

*Cue:* Max intent, full recovery between sets

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## 2. Locomotion

(Choose 1)

- Sprint intervals
  - Bear crawls
  - Agility drills
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## 3. Mobility Flow (10–20 min)

- Hips
  - T-spine
  - Ankles
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## 4. Recovery

- Sauna
  - Walking
  - Breathwork
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## CARDIO STRUCTURE

- 3–4 days per week

Mix:

- Intervals
  - Circuits
  - Low-intensity recovery
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## HOW THIS BUILDS MUSCLE (ADVANCED LEVEL)

Muscle growth now depends on:

- High mechanical tension
- Neurological efficiency
- Progressive overload

This phase:

- Uses heavier loads
  - Increases training density
  - Improves force production
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## SAFETY

- Never sacrifice form for load
- Stop explosive work when speed drops
- Respect recovery

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## ▼ **WHAT SUCCESS LOOKS LIKE**

After 12 weeks:

- Significant strength gains
- Improved power and speed
- Better conditioning
- High movement confidence

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## **FINAL MESSAGE**

This is where:

- Strength becomes performance
  - Movement becomes automatic
  - The body becomes resilient
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