

# SAMPLE PARISI GENERAL STRENGTH CLASS FORMAT

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**BLOCK 1:  
ADW**

**8-10 MINUTES**

STATIONARY

MOVEMENT

GROUND ACTIVATION

MOBILITY

**BLOCK 2:  
PRE-HAB  
STRENGTH PREP**

**2-5 MINUTES**

TAILORED PRE-HAB

STRENGTH MOVEMENT  
PREP

**BLOCK 3:  
RATE OF FORCE  
DEVELOPMENT (RFD)**

**2-3 MINUTES**

MULTI-JOINT EXERCISES

EXPLOSIVE OR PLYOMETRIC  
IN NATURE

**BLOCK 4:  
STRENGTH SERIES  
CHOOSE 3-5  
EXERCISES  
15-17 MINUTES**

HIP HINGE OR  
SQUAT PATTERN

HORIZONTAL  
PULL/PRESS

VERTICAL PULL

OMNI-DIRECTIONALS  
MOVEMENT

**BLOCK 5:  
STRENGTH SERIES  
CHOOSE 3-5  
EXERCISES  
15-17 MINUTES**

HIP HINGE OR  
SQUAT PATTERN

HORIZONTAL  
PULL/PRESS

VERTICAL  
PULL/PRESS

LOADED CARRIES

**BLOCK 6:  
STRENGTH/MOBILITY**

**5-7 MINUTES**

AUXILLARY STRENGTH

OMNI-DIRECTIONALS  
MOVEMENT

BALANCE EXERCISES

MOBILITY

# SAMPLE PARISI SPEED STRENGTH CLASS

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## BLOCK 1: ADW

8-10 MINUTES

JACKS/AIR SQUATS/  
POGOS/WIDE OUTS

WALKING LUNGES/  
A SKIPS/  
LATERAL SHUFFLES

GLUTE ACTIVATION/  
BIRD DOGS/SIDE PLANK

PRONE HURDLES

## BLOCK 2: PRE-HAB STRENGTH PREP

2-5 MINUTES

BANDED PULL APARTS

BANDED IN/EXTERNAL  
ROTATION

## BLOCK 3: RATE OF FORCE DEVELOPMENT (RFD)

2-3 MINUTES

SAND BELL  
SLAMS & JUMP SQUATS

JUMP ROPE SPRINTS  
OR HIGH KNEES

## BLOCK 4: STRENGTH SERIES 1

12-15 MINUTES

TRAP BAR DEADLIFT  
60% MAX 4 -6 REPS  
1 SET /90 SEC REST

TRAP BAR DEADLIFT  
SUB MAX 6 -8 REPS  
4 SETS/90 SEC REST

MED BALL W/ HANDLES  
OVERHEAD ARCHES  
2 SETS 30 SEC

## BLOCK 5: STRENGTH SERIES 2

15-17 MINUTES

DB STEP UPS  
3 SETS / 8 REPS

REVERSE  
HYPEREXTENSION  
3 SETS 12 REPS

PULL UP OR  
BANDED VERTICAL PULL  
3 SETS/8 REPS

## BLOCK 6: LOADED MOVEMENTS & CORE

5 MINUTES

SLED WORK  
TOTAL VOLUME 160 YD  
FORWARD:  
40 YD X 2  
WALKING BACKWARDS:  
40 YD X 2

EXPLOSIVE SIT UP  
2-3 SET OF 30 SEC

LEG LOWERING  
2-3 SETS OF 30 SEC

# PARISI STRENGTH TRAINING CLASS ORGANIZATION

