

4-WEEK POWER TRAINING PROGRAM TO IMPROVE ATHLETICISM

Created by: [Murshid Akram](#)

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Power is a combination of strength and speed. Performing power training exercises increase explosiveness, strength, and hopping ability.

From athletes to Crossfitters, many fitness enthusiasts perform power training to enhance their fitness level and improve their shape.

And if you're one of those who want to develop their strength and speed through power training, this article is for you.

Here, I've shared an ultimate 4-week power training program that can help you take your fitness to the next level and boost your athleticism.

Power Training Exercises List

Here are all exercises you'll do in this power training workout program. This includes [plyometric jumps](#), ballistic exercises, and [explosive lifts](#).

You'll do a combination of all three movements to improve your strength, agility, high jumps, and athletic performance.

1. Muscle Snatch
2. Pike Jump
3. Power Clean
4. [Box Jump March](#)
5. Push Press
6. Push Jerk
7. Box Jump
8. Jump Squat
9. Broad Jump

10. Kettlebell Swing
11. Tuck Jump
12. Skater Jump
13. [Prowler / Sled Sprint](#)
14. [Double Leg Butt Kick](#)
15. Plyometric Push-Up
16. Power Clean and Split Jerk
17. Speed Bench Press
18. Medicine Ball Chest Pass
19. Lateral Box Jump
20. Medicine Ball Slams
21. Standing Rotational Med Ball Throw
22. Clean and Press
23. [Landmine Core Rotation](#)
24. [Kneeling Squat Jump](#)

Program Summary and Description

1. **Goal** – This program will help you build up strength, speed, endurance, and explosiveness.
2. **Who can do it?** – Anyone who wants to improve overall athletic performance can follow this program. However, it is challenging and will test your fitness level.
3. **Sessions/week** – You'll train three times a week (alternate days).
4. **Duration/session** – The one session of power training will take 45-60 minutes to complete.
5. **Target Gender** – Both males and females can use this program to improve their athleticism.

Health Disclaimer: This program isn't for everyone. Consult with a professional before starting this program if you have any injury or health issues.

Program Schedule

Instructions to perform power training:

- **Rounds:** Perform three to five rounds each training day.
- **Rest:** Keep the rest time as short as possible between exercises and rounds.
- **Pattern:** You'll start your training with an [aerobic exercise](#), followed by a power lift, plyometric, again power lift, and then a ballistic exercise.
- **Warm-up:** Perform static stretching, low-intensity cardio exercises, and light lifting for 5-10 minutes to prepare for the main workout.

Week 1

Monday

Exercise	Activity
Burpee	10 reps
Power Clean	10 reps
Pike Jump	20 reps
Push Press	15 reps
Medicine Ball Slams	20 reps

Wednesday

Exercise	Activity
Squat Jump	15 reps
Muscle Snatch	10 reps
Front Box Jump	15 reps
Push Jerk	10 reps
Rotational Med Ball Throw	10 reps/side

Friday

Exercise	Activity
Mountain Climber	30-sec
Clean and Press	10 reps
Lateral Box Jump	10 reps/side

Landmine Core Rotation	10 reps/side
Medicine Ball Slams	20 reps

Week 2

Monday

Exercise	Activity
Jumping Lunges	10 reps/leg
Clean and Split Jerk	5 reps/side
Broad Jump	15 reps
Speed Bench Press	15 reps
Kettlebell Swing	20 reps

Wednesday

Exercise	Activity
Lunge Front Kick	10 reps/side
Power Clean	10 reps
Box Jump March	1-minute
Push Press	10 reps
Medicine Ball Slams	20 reps

Friday

Exercise	Activity
Squat Jump	15 reps
Muscle Snatch	10 reps
Tuck Jump	15 reps
Push Jerk	10 reps
Rotational Med Ball Throw	10 reps/side

Week 3

Monday

Exercise	Activity
Mountain Climber	30-sec
Clean and Press	10 reps
Prowler / Sled Sprint	2-min
Landmine Core Rotation	10 reps/side
Medicine Ball Slams	20 reps

Wednesday

Exercise	Activity
Mountain Climber	30-sec
Clean and Press	10 reps
Lateral Box Jump	10 reps/side
Landmine Core Rotation	10 reps/side
Plyometric Push-Up	20 reps

Friday

Exercise	Activity
Jumping Lunges	10 reps/leg
Clean and Split Jerk	5 reps/side
Broad Jump	15 reps
Speed Bench Press	15 reps
Kettlebell Swing	20 reps

Week 4

Monday

Exercise	Activity
Lunge Front Kick	10 reps/side
Power Clean	10 reps
Double Leg Butt Kick	1-minute
Push Press	10 reps
Medicine Ball Slams	20 reps

Wednesday

Exercise	Activity
Squat Jump	15 reps
Muscle Snatch	10 reps
Tuck Jump	15 reps
Push Jerk	10 reps
Rotational Med Ball Throw	10 reps/side

Friday

Exercise	Activity
Kneeling Squat Jump	20 reps
Power Clean	10 reps
Prowler / Sled Sprint	20 reps
Push Press	15 reps
Medicine Ball Slams	20 reps

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises](#)
2. [List of Tabata Exercises](#)
3. [The Best HIIT Core Workout](#)

4. [Barbell HIIT Workouts](#)
5. [Dumbbell HIIT Workout](#)
6. [Kettlebell HIIT Workouts](#)
7. [List of Explosive Plyometric Exercises](#)

Related Programs:

- [4-Week Plyometric Workout Routine](#)
- [4 Week Crossfit Program to Level up Fitness](#)

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