

Sparta Prescription Chart

LOAD - What is it?

Ability to create force

Eccentric Phase

Anterior Strength

Low **LOAD** Athletes:
Struggle with knee flexion
Poor Ankle Mobility

Equipment

Movement

Volume

Intensity

Cues

Barbell	Front Squat / Back Squat	Low	High	Elevate heels; Upright torso; Knee flexion
Barbell	Bench Press	Low	High	Pull bar down; Drive feet into ground
Barbell	Push Press	Low	High	Slow on the way down
Barbell	Power Clean	Low	High	Tension during the pull; High catch
Barbell	Power Snatch	Low	High	Tension during the pull; High catch
Barbell	Clean Pull (from floor)	Low	High	Tension during the pull
Band	Terminal Knee Extensions (TKE)	High	Low	Lock out knee; Feel in quad
Band	Ankle Mobility	High	Low	Keep foot flat; Knee over toe
Trap Bar / Hex Bar	Trap Bar Deadlift	Low	High	Elevate heels; Upright torso; Knee flexion
Kettlebell	Racked Kettlebell Squat	Medium	Medium	Elevate heels; Upright torso; Knee flexion
Kettlebell / Dumbbell	Goblet Squat	Medium	Medium	Elevate heels; Upright torso; Knee flexion
Force Treadmill	Force Treadmill Pushing	Medium	Medium	Knee flexion
Force Treadmill	Force Treadmill Heavy Reverse Walking	Medium	Medium	Low center of mass
Pit Shark	Belt Pit Shark Squat	Medium	Medium	Upright torso; Knee flexion
Sled	Heavy Sled Push	Low	High	Knee flexion
Leg Press Machine	Incline Leg Press	Medium	Medium	Create positive shin angle with foot placement
Medicine Ball	Med Ball Throw (half kneeling)	High	Low	Build up tension; Squeeze glute; Rear toe flexed
n/a	Forward Bound	Medium	Low	Knee flexion on load; Stick landing
n/a	Single Leg Hop	Medium	Low	Knee flexion on load; Stick landing

LOAD

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EXPLODE - What is it?

Ability to transfer force up the chain

Amortization Phase

Torso Stability

Low **EXPLODE** Athletes:
Leak force through torso
Utilize momentum

Equipment	Movement	Volume	Intensity	Cues
Barbell	Conventional Deadlift	Low	High	Neutral spine; Control to the floor (no clanking weights)
Barbell	Suitcase Deadlift	Medium	Medium	Neutral spine; Core engaged
Barbell	Front Squat	Low	High	Brace torso; Big breath to create stiffness
Barbell	Clean (from hang)	Low	High	Stiff on the catch
Barbell, Box/Rack	Block Clean (above knee)	Low	High	Stiff on the catch
Barbell	Power Snatch (from hang)	Low	High	Stiff on the catch
Barbell	Power Snatch (from floor)	Low	High	Stiff on the catch
Barbell	Clean Pull (from floor)	Low	High	Bar speed
Barbell	Clean Pull (from hang)	Low	High	Bar speed
Barbell	Clean High Pull	Low	High	Bar speed
Barbell, Box/Rack	Explosive Rack Pull	Low	High	Bar speed
Barbell	Snatch Balance	Low	High	Stiff on the catch
Barbell (landmine)	Landmine Rotations	Medium	Medium	Brace torso; Big breath to create stiffness
BB / DB / KB	Loaded Carries (Farmer's Walk)	Medium	Medium	Resist lateral flexion
Box	Drop Jump	Low	High	Short ground contact time
Box, Vest	Weighted Box Jump	Low	High	Short ground contact time
n/a	Isometric Holds	High	Low	Brace
n/a	Pogo Jumps	Low	High	Short ground contact time
n/a	Lateral Bound	Low	High	Brace while in the air; Stiff on landing
n/a	Clap Push Up	Low	High	Body in straight line
Pull Up Bar	Pull Up	Medium	Medium	Engage lats and core
Variable	Anti Rotation Press (Pallof Press)	High	Low	Resist rotation; Hips tucked
Variable	Anti-Extension Core Exercise	High	Low	Resist extension
Variable	Anti-Flexion Core Exercise	High	Low	Resist flexion
Yoke	Yoke Carry	Medium	Medium	Stay tall; Engage trunk
Band	Lateral Band Walk	High	Low	Feet, hips, shoulders neutral

EXPLODE

Sparta Prescription Chart

DRIVE - What is it?

Expression of force over time

Concentric Phase

Posterior Strength

Low **DRIVE** Athletes:
Struggle achieving triple extension
Poor thoracic mobility

Equipment	Movement	Volume	Intensity	Cues
Barbell	Overhead Squat	Medium	Medium	Slow ; Deep range of motion
Barbell	Snatch	Low	High	Ride the bar down into the hole
Barbell	Clean High Pull	Low	High	Triple extension
Barbell	BB Romanian Deadlift from Hinge	Medium	Medium	Soft knee; Neutral spine
Barbell / Dumbell	Rear Foot Elevated Split Squat	Medium	Medium	70% weight on front foot; Pull forward, not stand up; Should feel it in glues / high hamstring
BB / KB / DB / BW	Single Leg Hip Thrust	High	Low	Squeeze at top; Feel in hamstring/glute
BB / KB / DB / BW	Single Leg RDL	Medium	Medium	Slow; Feel in hamstring/glute
BB / KB / DB / BW	Calf Raise	High	Low	Full ROM
BB / KB / DB / BW	Single Leg Squat	High	Low	Sit back; Use glute
BB / KB / DB / BW	Lunge Variations	Medium	Medium	Full ROM
Glute-Ham Machine	Glute-Ham Raise	Medium	Medium	Body in straight line
Kettlebell	Racked KB Step Ups	Medium	Medium	Squeeze at top
Kettlebell	KB Swings	Medium	Medium	Full hip extension; Squeeze at top
n/a	Hip Mobility	High	Low	Release hip flexors
n/a	Broad Jump(s)	Low	High	Triple flexion to triple extension; 'Pause' in the air
n/a	Bounds	Low	High	Long ground contact time; Triple extension; 'Pause' in air
n/a	Vertical Jump	Low	High	Triple flexion to triple extension; 'Pause' in the air
Roller, Ball, Band	Tissue Quality (release trigger points)	High	Low	Roll bottom of foot with golf ball
Sled	Sled Pulling	Medium	Medium	Exaggerate triple extension; Push through the ground
TRX / Dolley	TRX / Dolley Hip extension to hamstring curl	High	Low	Glutes engaged; Flat low back; Stay in control
Glute-Ham Machine / Back Extension Machine	Back Extensions	Medium	Medium	Squeeze glute at top

DRIVE