



NOAH LYLES

Explosive Strength Workout



EXOS



Sprinter Noah Lyles is on his way to becoming the fastest man in the world. His ability to hold his top-end speed puts him ahead of the pack. Follow his training plan to fire up your explosive strength.

FOCUS

EXPLOSIVITY

LEVEL

INTERMEDIATE

DURATION

20 MINUTES

Being explosive is what separates you from your competition. And training for power will give you that explosiveness and get you ready to face any opponent. But don't rush this workout. Training for power taxes the nervous system, so it's important to respect the rest intervals to ensure the nervous system is able to fire at full capacity. Take the time to warm up your body and execute each movement flawlessly and powerfully.

| PILLAR PREP | | 1 SET |
|-------------------------------|--|---------------|
| Plank - with Hip Flexion | | x5 ea |
| Glute Bridge - Marching | | x5 ea |
| Reverse Lunge - with Rotation | | x5 ea |
| Power Skip - Vertical | | 10 s |
| | | 2 SETS |
| 2 Inch Runs | | 5 s |

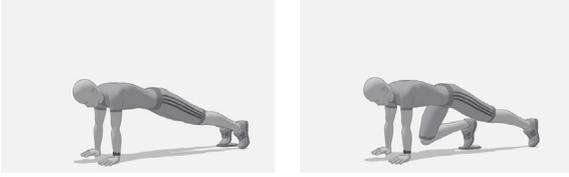
| PLYOMETRICS | | 1 SET |
|--|--|--------|
| Drop Squat - 1 Leg | | x8 ea |
| Box blast - Non-Countermovement to Stabilize | | x10 ea |

| STRENGTH | | 3-4 SETS |
|-----------------------------|--|----------|
| Burpee | | 15 s |
| Plank Running (Dynamic) | | 15 s |
| Split Squat Jump Continuous | | 15 s |
| Rest | | 60 s |



EXOS

HEAT.RDY NOAH LYLES

PLANK - WITH HIP FLEXION*5 Reps Each*

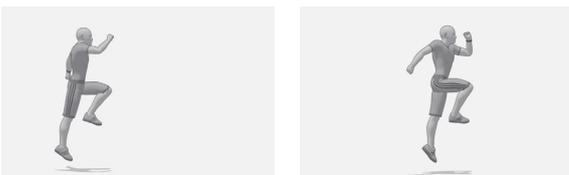
1. Start in a push-up position with your hands shoulder-width apart and your feet hip-width apart on the ground.
2. Keeping your torso stable, slowly draw one knee toward your chest.
3. Return your leg to the starting position.
4. Repeat the movement with the opposite leg.
5. Continue alternating to complete the set.

GLUTE BRIDGE - MARCHING*5 Reps Each*

1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating to complete the set.

REVERSE LUNGE - WITH ROTATION*5 Reps Each*

1. Stand tall with your chest up, shoulders relaxed, and arms at your sides.
2. Step back into a lunge, bending your knees and contracting the glute of your back leg.
3. Twist your torso over your front leg, place the opposite arm on the outside of your knee and reach your other arm behind you.
4. Return to a standing position by reversing the twist and then pushing up through your hip.
5. Repeat with your opposite leg.
6. Continue alternating to complete the set.

POWERSKIP - VERTICAL*10 Seconds*

1. Stand tall with your feet hip-width apart.
2. Lift one knee and the opposite arm in front of your body.
3. Drive your foot to the ground and generate a double contact to skip forward as you lift the opposite knee and arm.
4. Repeat the movement on the opposite side.
5. Continue alternating to complete the set.

2 INCH RUNS*5 Seconds*

1. Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.
2. Run by moving your feet two inches up with each step as quickly as possible, allowing your arms to move slowly and rhythmically.
3. Continue for the full set.

DROP SQUAT - 1 LEG*8 Reps Each*

1. Stand tall with your feet wider than shoulder-width apart and your arms in front of you.
2. Lift your feet off the ground and throw your arms behind you as you sit back and down and land on one leg in a partial squat.
3. Stand and repeat the movement, landing on the opposite leg.
4. Continue alternating to complete the set.

**BOX BLAST -
NON-COUNTERMOVEMENT
TO STABILIZE***10 Reps Each*

1. Stand with one foot flat on a box, the other on the floor behind you, and your arms back with elbows bent to 90 degrees.
2. Jump vertically by swinging your arms forward and exploding through your front hip, knee, and ankle.
3. Land softly with the same foot on the box.
4. Pause briefly, and then go into your next repetition.
5. Complete on one side before repeating on the other leg.

BURPEE

15 Seconds



1. Lower your body to the floor
2. Quickly punch your legs back behind you into a push-up position
3. Then, draw you legs back underneath your hips and explode upward in the air
4. Land with your knees soft and immediately go into your next repetition

PLANK RUNNING (DYNAMIC)

15 Seconds



1. Start in a push-up position with your feet shoulder-width apart and your hands under your shoulders.
2. Without moving your torso, slide one knee toward your chest, flexing at the hip.
3. Return your leg to the starting position while simultaneously sliding your opposite knee toward your chest.
4. Continue alternating to complete the set.

SPLIT SQUAT JUMP CONTINUOUS

15 Seconds



1. Start in a split stance with your arms bent 90 degrees in front of you.
2. Drop your hips into a split squat, swinging your elbows back, and initiate the jump with both your arms and hips.
3. Exchange legs in mid-air, keeping your toes pulled toward your shins to prepare for your next landing.
4. Land softly, and then immediately take off into the next jump.
5. Continue alternating to complete the set.

REST**60
SECONDS**

Rest and recover for 60 seconds and prepare for the next set.