

BASKETBALL

WEEK ONE

DAY ONE

WARM UP TWO LAPS 3X 2X30 ABS + 12 SUPERMAN + 25 PUSH UPS

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS 3X5EA.
REVERSE HYPERS 3X10
LEG CURLS 3X8
DYNAMIC WARM UP TWO LENGTHS

SQUATS 8X 6X 5X 5X 5X 5X
PULL UPS 5X10
ANKLE ON DISC 3X30 SEC. EA

WALKING LUNGE PRESS 4X16
DB ROWS 4X10 EA.
HIP EXTENSIONS(BAND) 3X15
LINE HOPS 3X15EA.

PLATE GET UPS + BOX JUMPS + DIPS 21 15 9
DO 21 OF EACH, THAN 15, THAN

FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + JERK 3X8
GLUTE HAM 3X10
DB ¼ SQUAT SHRUG 3X15

RDL 2X8 2X6
HANGING KNEE TUCKS 4X12
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 5X 5X
REV. BOX JUMP W/ TWIST 3X8 EA.
ONE LEG BAL. SQUAT 3X5 EA.

BENCH	10+10SEC HOLD	10+10	8X	8X	6X	6X
TURKISH GET UP			3X3EA.			
MB DROP PASS			3X15			
DB ALTERNATE INCLINE (HIGH)			4X8 EA			
SIDE RAISES			3X10			
BENTOVER RAISES			3X10			
BICEP			3X8			
TRICEP			4X12			
MB ABS			6X40			

DAY THREE

WARM UP RUN TWO 3X 2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS

BAR ROTATION + OVERHEAD SQUAT	3X10+5
HANDSTAND	3X25 SEC
PARTNER HAMSTRING	3X8
DYNAMIC WARM UP	TWO LENGTHS

FRONT SQUAT	10X	8X	8X	6X	6X
NARROW OR 3 POSITION PULL UPS	5X10				
MB RIM JUMPS	3X15				

STEP UP PRESS OR 5 COUNT LEG PRESS	4X16 / 8
BAR ROW ON BENCH	4X15

CIRCUIT

BURBPIES	15
LINE HOPS	15EA.
DIPS	12
MB SIDE THROWS	20 EA.
SIDE BOX JUMPS	8 EA.
	4X

FOREARM	3X
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DAY FOUR

WARM UP LEG SWINGS

SMALL BOX JUMPS 4X15EA.

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT

3X5 EA.

BACK EXTENSION HOLD

3X45 SEC.

MB SQUAT PUSHPRESS

3X15

CLEAN PULLS 6X 6X 5X 5X 5X

ONE LEG BALANCE SQUAT 3X6 EA.

INCLINE OR DECLINE 10X 10X 8X 8X 8X

DB ALT. FLAT BENCH (LOW) 4X8 EA.

PLATE FRONT RAISES 3X10

ALT CURL PRESS 3X8 EA.

TRICEP 3X15

TURKISH GET UPS 3X3 EA.

MB ABS 6X30

BASKETBALL

WEEK TWO

DAY ONE

WARM UP TWO LAPS 3X 2X30 ABS + 12 SUPERMAN + 25 PUSH UPS

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS 3X5EA.
REVERSE HYPERS 3X10
LEG CURLS 3X8

SQUATS 10X 10X 8X 8X 6X 6X
PULL UPS 5X10

WALKING LUNGE PRESS 4X16
DB ROWS 4X10 EA.
HIP EXTENSIONS 3X15

BURBPIES + BOX JUMPS + LUNGES 21 15 9
DO 21 OF EACH, THAN 15, THAN 9

FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + JERK 3X8
GLUTE HAM 3X10
DB SHRUG 3X15

RDL 4X8
L HOLDS 3X30 SEC
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 5X 5X

BENCH 10+10SEC HOLD 10+10 8X 8X 6X 6X

DB ALTERNATE INCLINE (LOW)	4X8 EA
SIDE RAISES	3X10
BENTOVER RAISES	3X10
BICEP	3X8
TRICEP	4X12
MB ABS	6X40

DAY THREE

WARM UP RUN TWO 3X 2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS

BAR ROTATION + OVERHEAD SQUAT	3X10+5
HANDSTAND	3X30 SEC
PARTNER HAMSTRING	3X8

FRONT SQUAT	10X	8X	8X	6X	6X	5X
NARROW OR 3 POSITION PULL UPS	5X10					

STEP UP PRESS OR LEG PRESS	4X16
BAR ROW ON BENCH	4X15

CIRCUIT

BURBPIES	15
SMALL BOX	15EA.
DIPS	12
MB SIDE THROWS	20 EA.
SIDE BOX JUMPS	8 EA.
4X	
FOREARM	3X

DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT	3X5 EA.
BACK EXTENSION HOLD	3X45 SEC.
MB SQUAT UNDERHAND THROW	3X15

CLEAN PULLS	6X	6X	5X	5X	5X
ONE LEG BALANCE SQUAT	3X6 EA.				

INCLINE OR DECLINE	10X	10X	8X	8X	6X
DB ALT. FLAT BENCH (HIGH)			4X8 EA.		
PLATE FRONT RAISES			3X10		
ALT CURL PRESS			3X8 EA.		
TRICEP			3X15		
TURKISH GET UPS			3X3 EA.		
MB ABS			6X30		