2014 Summer Basketball Conditioning

Winning with Integrity!!!
Hello Basketball Team,

Question for everyone, **Should Basketball Players Lift Weights?**

As a strength coach I am a big believer in getting our team to lift weights in the **off-season**. We will train very hard in the weight room during the season. I believe that the stronger the player, the more aggressive he will play. Strong basketball players tend to attack the basket more, rebound more, and play tougher on defense. Our basketball strength & conditioning program is designed to **help prevent athletic injuries**, and produce a **strong, lean, and flexible** basketball player. The strength & conditioning workout is safe, comprehensive, and very challenging for basketball players... weight room work will paid huge dividends for each individual player on court. The importance of coming into the season in the best shape possible is at the utmost priority. By coming into a season out of shape you are already behind your competition that has been training for the whole off-season. This is what separates the good players from the mediocre ones. Championship teams and players come into the season in shape and only improve from then on. The following program will help you get into shape for the season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming basketball season.

Good Luck and Have Fun,

Coach McCormick
Head Strength & Conditioning Coach
Transition Workout (Basketball) Phase I/June 2nd - July 5th

*Week 1 Monday & Thursday*
Jog ½ mile, Jump Rope 400 rotations
Dynamic Flex Drills (20m) x2
- A-skip
- B-skip
- Knee huge
- Carioca
- Backward run
- Tin soldier
- Lunge
- Butt stretch

Body Weight Training
Perform 3 cycles 1 minute repeat
20 Prisoner Squats (hands on head)
20 Push-ups
10 Leg raises
10 Pull ups
10 Strength Ball Hyper
8 Walking Lunges (hands on head)
10 Dips
15yds Bear Crawl/Fwd only
10 Hip Raises

Tuesday & Friday Week 1
Jog ½ mile, Jump Rope 400 rotations
Dynamic Flex Drills (20m) x2
- Russian Kick
- Backward Lunge
- Knee huge
- Carioca
- Lateral Lunge
- Tin soldier
- Lunge w/twist
- RDL’s

Body Weight Training
Perform 3 cycles rest 1 minute repeat
10 Single Leg Bench Squats
12-2 Ball Push ups (basketball)
10 Lateral Step up
10 Strength Ball Rev Hyper
10 Lunge Matrix fwd, side, back
10 Bench dips, feet on strength ball
10 1 Ball Push up (basketball)
10 Towel Pull ups
10 Burpees

*Week 2 Monday & Thursday*
3x 200 (shuttle), Jump Rope 400 rotations
Dynamic Flex Drills (30m) x2
- Backward high knee
- Lateral Lunge
- High Knee
- Carioca
- Backward high knee
- Tin soldier
- Backward Lunge w/twist
- Butt stretch

**DB Transition Weight Training (10-15lbs)**
**Perform 3 cycles 1 minute rest**
20 Squats
20 Push-ups
20 (MB) Toe Touches
8 Towel Pull ups
10 Hyper
8 Walking DB Lunges (20mx 2)
10 Dips
15m Bear Crawl (backward)
10 Single Leg Hip Raises
*Stretch

**Tuesday & Friday Week 2**
4x 200m(35 pace), Jump Rope 400 rotations
- Dynamic Flex Drills (20m) x2
  - Russian Kick w/skip
  - Backward skip
  - A-skip
  - B-skip
  - Lateral Skip
  - Lunge w/twist
  - RDL’s

**Body Weight Training**
**Perform 3 cycles 1 minute rest repeat**
10 Single Leg Bench Squats
20-2 Ball Pushups (use basketballs)
10 T-swing
10 Strength Ball Rev Hyper
20 MB Russian Twist
8 Bird-dog ea. side
15 Strength Ball Leg curls
10 T-Falls
10 Med-ball side throws ea. Si de (10-12lbs)

**Week 3&4**
Warm-up Jump Rope 400 rotations daily
Dynamic Flex Drills (20m) x2, repeat wk 1&2 drills

**Day 1**
<table>
<thead>
<tr>
<th></th>
<th>Set/rep</th>
<th>Tempo</th>
<th>Rest</th>
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<tbody>
<tr>
<td>DB Pullover</td>
<td>3x12</td>
<td>:90</td>
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<tr>
<td>DB Flat Bench Fly</td>
<td>3x12</td>
<td></td>
<td></td>
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<tr>
<td>Strength Ball Push-ups</td>
<td>3x12 feet on ball</td>
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<tr>
<td>Plate Hip Raises</td>
<td>3x12 (35lbs)</td>
<td></td>
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</tbody>
</table>
Underhand DB Press  3x10
SB Down Skiers prone  3x12 knees on SB rotation side to side
SB DB Press  3x10 alternate the press

**Day 2**
1Leg SB+Wall Squat  3x8ea.  :90
SB 1Leg Hip Raises+Curl  3x8
Lat Pull Down  3x12
Tricep Push Downs  3x12
EZ Bar Curl  3x12
Single Leg Curls  3x12
Single Leg/Leg Press  3x12

**Week 3&4**
Warm-up Jump Rope 400 rotations daily
Dynamic Flex Drills (20m) x2

**Day 3**
Plate OHD Rev Lunge  3x8ea.  :90 alternate legs
Seated Row (various grips)  3x12
Lying single Leg Hip Raises  3x8 ea.
Clap Push-ups  3x10
dB incline press  3x10
Rev Hyper  3x10
Landmine rotations  3x10 ea.

**Day 4**
DB Seated Military Press  3x12
Incline DB Fly  3x10
DB Power Shrugs  3x10 (heavy start at 50lbs add10lbs. ea. set)
DB Push Press  3x8
Towel Pull ups  3x10
Bench Dips w/ feet on SB  3x12
DB front raises  2x10
Phase 2 Summer Strength Training July 7-Aug. 11

**Monday**
- Strength training: Chest and Back

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/ Reps</th>
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<tbody>
<tr>
<td>DB Bench press</td>
<td>4 x 10,8,8,6</td>
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<tr>
<td>DB flys</td>
<td>3 x 12</td>
</tr>
<tr>
<td>DB Bent 1 arm row</td>
<td>3 x 10ea.</td>
</tr>
<tr>
<td>Lat straight arm pulldowns</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Push-ups</td>
<td>4 x max</td>
</tr>
<tr>
<td>DB Step-upside bends</td>
<td>3 x 10</td>
</tr>
</tbody>
</table>

1. Conditioning: A-Day/Attachment A

**Tuesday**
- Conditioning: + basketball drills/pickup scrimmage

**Wednesday**
- Strength training: Shoulders

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/ Reps</th>
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<tbody>
<tr>
<td>DB Shoulder press</td>
<td>3 x 10</td>
</tr>
<tr>
<td>DB Upright rows</td>
<td>3x 10</td>
</tr>
<tr>
<td>DB Shoulder shrugs</td>
<td>3 x 10</td>
</tr>
<tr>
<td>DB side raises or cable</td>
<td>3 x 12</td>
</tr>
<tr>
<td>Straight leg raises (abs)</td>
<td>4 x 25</td>
</tr>
<tr>
<td>Crunches</td>
<td>4 x 25</td>
</tr>
</tbody>
</table>

1. Cardio: Attachment A/B-Day basketball skill Plyo's training

**Thursday**
- Cardio: Conditioning Sheet below

**Friday**
1. Strength & Conditioning: Bicep, triceps, and legs

<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td>DB curls</td>
<td>3x 10</td>
</tr>
<tr>
<td>Triceps cable push downs</td>
<td>3 x 12</td>
</tr>
<tr>
<td>Skull crushers</td>
<td>3 x 10</td>
</tr>
<tr>
<td>DB Tricep kick backs</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Squats</td>
<td>3 x 10,8,6,6</td>
</tr>
<tr>
<td>Deadlift</td>
<td>4 x 12</td>
</tr>
<tr>
<td>DB Lunges</td>
<td>4 x 12</td>
</tr>
<tr>
<td>Core twist (with cables or machine)</td>
<td>3 x 25</td>
</tr>
<tr>
<td>Cable crunches</td>
<td>3 x 25</td>
</tr>
</tbody>
</table>

- Conditioning: Attachment A/C-Day core work

- **Saturday and Sunday**: REST
Attachment A

Phase 2  July 7-August 11

A-Day (Hip, Knee, and Ankle; Strength and Stability)
Cross-over Lunges (L&R) 30-60 seconds each side
Agility Dots (L&R Forward & Reverse) -2 sets 10 reps each leg and direction
Single Leg Lateral Hops (L&R) 2 sets 10 reps each leg each direction
Lunge Matrix (12,2,4,6,L&R) 2- sets each leg
Ice Skaters (L&R) 1 round, 50 reps each leg

B-Day (Explosion Strength / Speed)
Jumping Lunges 2 sets 30 seconds
Broad Jumps 2 sets 10 reps
Lateral Box Jumps 2 sets 5 reps
Sprint Starts (L&R Forward & Backward) 2 sets 5 reps each direction
Knee Tuck Jumps -3 sets 6 reps

C-Day (Core)
Jack Knife Crunches 3 sets 20 reps
Windshield Wipers 3 sets 10 reps
Knee Tucks 3 sets 20 reps
Russian Twists 3 sets 20 reps
Hip Raises 3 sets 10 on each leg

D-Day (Cardo Threshold)
-While running laps of the field do one or more of the following exercises every two minutes:
Side to side Line hops -3 rounds of -15 sec
Burpees -3 sets 15 sec
Power Skips -3 sets 15 sec
Jump Rope 350 rotations

Stretching is another important element of basketball conditioning and should be done on a regular basis (preferably every day). Always make sure to do a thorough stretching and foam roll routine after all workouts and pickup games, holding all stretches for 10-20 seconds minimum.
SUMMER WORKOUT ROUTINE Tuesday & Thursday Work

**Ball Handling**
-- Drills without dribbling (5 minutes) - Figure 8 (forward and backward), rhythm, slammer, quick drop, round the head/waist/legs (F&B), tap (high to low).

-- Drills with the dribble (5 minutes) - Figure 8, fingertip, crossover, 2 ball drills - do the drills at the knees & waist, alternate height - same time then alternate times. Do drills standing still then on the move.

-- Moves on the move (5 minutes) - Do while running - alternate right and left hands - crossover, spin, through legs (from the inside - out), behind the back. Keep the head up and focus on the weaker hand.

**Foot Quickness**

**Jump Rope**
-- For endurance (5 minutes at ¾ speed)

-- Quickness - 3 repetitions of each set listed below - allow 30 seconds of rest between each minute of jumping and build to more reps. Do these as quickly as possible. Right foot - 15 seconds, Left foot - 15 seconds, Alternate feet - 15 seconds, Both feet - 15 seconds.

-- Ball Jump - Place a basketball on the floor. Jump for 15 seconds over it from side to side, then for 15 seconds from front to back. Rest for 30 seconds. 3 Reps to start and build to 5 over time. Build to the ability to not hop between jumps.

**Passing**
-- Pass to a wall or friend - 2 hand catches on return (5 minutes). Work on the bounce pass, overhead pass, outlet pass (catch, pivot and overhead pass) and side pass (bounce pass from hip - with 2 hands).

**Shooting**
-- One hand flip from 8-10 feet - (make 8 of 10, then move on). The goal for the summer is to get each of the boys shooting above their head with the proper form - legs for power with proper footwork and proper wrist flex for aim.

-- Mikan Drills - 30 seconds each. Work on both the front and reverse (with back to the basket) drills.

-- 50 shots off the dribble (total of 100). Mix in the following moves and mix in distances and areas from which to shoot: Simulate shooting off the break (pull up quickly), move on the move into the shot (crossover, stutter step, inside out) and stationary moves - fake drive and shoot from either side. Do 5 sets of 10 shots with 2 free throws in between for rest - repeat total set 2 times.

-- 50 shots off the pass (total of 100) - Mix in the following with someone or self-pass (spin back): Step into the shot using your inside foot. Use both inside and outside pivots to square up. If working with someone always V-Cut before coming to the ball. Remember to catch the ball with your knees bent to allow for quick release. Do 5 sets of 10 shots with 2 free throws in between for rest - repeat total set 2 times.

-- 30 shots using shot and pass fakes (total of 90). This drill has the player use a pump fake prior to taking the shot. Variations are to pump fake to dribble to the shot and to pass fake to the shot. Do 3 sets of 10 with 2 free throws in between for rest - repeat 3 times.

All shots should be taken at game speed - rest by shooting free throws and not by going ½ speed.
# Conditioning Monday-Friday

**PUT IN THE WORK IF YOU WANT TO BE CHAMPIONS!!!**

<table>
<thead>
<tr>
<th>Conditioning Monday #1</th>
<th>Conditioning Tuesday #2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>110's</strong></td>
<td>Walk, Jog, Sprint Circuit</td>
</tr>
<tr>
<td><strong>Run continuous 110 yard sprints. Run each one in the following times with :45 seconds rest between each:</strong></td>
<td><strong>This circuit is done continuously for 14 minutes!</strong></td>
</tr>
<tr>
<td>- Males under 230 lbs – 18 seconds</td>
<td>2. Walk for :40 seconds</td>
</tr>
<tr>
<td>- Males over 230 lbs – 20 seconds</td>
<td>3. Jog for :20 seconds</td>
</tr>
<tr>
<td>- Females – 18-20 seconds</td>
<td>4. Sprint for :08 seconds</td>
</tr>
<tr>
<td><strong>run the specified amount of runs!</strong></td>
<td><strong>In 14 minutes you get 12 sprints in!</strong></td>
</tr>
<tr>
<td><strong>Do these on a track or on grass</strong></td>
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</tbody>
</table>

*Swim on Wednesday!!! At least 25 min + Cold Tub*

<table>
<thead>
<tr>
<th>Conditioning Thursday #3</th>
<th>Conditioning Friday #4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stair Circuit</strong></td>
<td><strong>Run/Jump Circuit 2x</strong></td>
</tr>
<tr>
<td><strong>Perform stair circuit 6 reps each (1-4)</strong></td>
<td><strong>These are done continuously!</strong></td>
</tr>
<tr>
<td>2. Run up hitting every step</td>
<td>2. Jog 400 meters</td>
</tr>
<tr>
<td>3. Run up hitting every other step</td>
<td>3. Do 2 AB exercises (25 reps)</td>
</tr>
<tr>
<td>4. DL hops hitting every other step</td>
<td>4. Sprint 150 meters (90%)</td>
</tr>
<tr>
<td>5. Run up hitting every other step, using a skier-like motion, going side to side of the width of the stair</td>
<td>5. 20 push-ups</td>
</tr>
<tr>
<td>6. Jog 200 meters</td>
<td>6. 20 dips (on Bench)</td>
</tr>
<tr>
<td>7. Do AB circuit</td>
<td>7. Sprint 100 meters (100%)</td>
</tr>
<tr>
<td><strong>Repeat the specified amount of times!</strong></td>
<td>8. Walk 50 meters</td>
</tr>
</tbody>
</table>

10. 10 split jumps
11. **Sprint 50 meters** (100%)
12. 15 ankle hops
13. 30 meter lunge walk
14. 2 AB exercises (25 reps)
15. **400 meter cool-down**
Phase 3 Strength & Conditioning
4 Days a week

Monday
Warm-up 10min. Bike/Treadmill
Jump Rope 400 rotations
Speed Ladder 4x
Squat 35 45 55 65 75
8 6 6 4 4
Pistol Squats Body weight 3
10
Squat jumps BAR 25 Bodyweight x2
4 4 5
Leg curls Light weight 3
10
Bench Press 55 65 75 85 90
10 8 6 4 2
Pulls ups Body weight 3x Max
DB Y press 30lbs. 3x 12
DB snatch 25lbs 3x 6
Core Work (MB) 3x 25
Russian Twist
Toe Touches
Seated Rev. Toss
Wood Chops

Tuesday
Warm-up 10min. Bike/Treadmill
Jump Rope 400 rotations
Speed Ladder 4x
PowerClean 50 55 65 75 75
w/front squats 8 6 6 4 4
Box Jumps Body weight 3
10
DB Incline 50 55 65 70
8 6 5 3
Push Press Light weight 3
8
Push-ups(MB) 3x 10
Arm Curls 3x 25% Max
Tricep push downs Heavy 3x 12
Core Work (strength ball)3x 15
Fabulous Five
1. Skiers
2. Knee Tucks
3. Tic-Toc
4. Leg Raises
5. Ball Exchange

Wednesday
Dynamic Movement
200m 4x
Core Work
**Thursday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Set</th>
<th>Reps</th>
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<tbody>
<tr>
<td>Warm-up 10min. Bike/Treadmill</td>
<td></td>
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<tr>
<td>Jump Rope 400 rotations</td>
<td></td>
<td></td>
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<tr>
<td>Speed Ladder 4x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squat 35 45 55 65 75</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>8 6 6 4 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pistol Squats Body weight  3</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Squat jumps BAR 25 Bodyweight x2</td>
<td>4 4</td>
<td>5</td>
</tr>
<tr>
<td>Mule kicks(MB) 3x 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pause Bench Press 55 65 65 65 70</td>
<td>10 8</td>
<td>8 6 6</td>
</tr>
<tr>
<td>Pulls ups Body weight 3x Max</td>
<td></td>
<td></td>
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<tr>
<td>DB Y press 30lbs. 3x 12</td>
<td></td>
<td></td>
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<tr>
<td>DB snatch 25lbs 3x 6</td>
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<tr>
<td>Glute Ham 3x 15</td>
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<td></td>
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<tr>
<td>Core Work (MB) 3x 25</td>
<td></td>
<td></td>
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<tr>
<td>Russian Twist</td>
<td></td>
<td></td>
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<tr>
<td>Toe Touches</td>
<td></td>
<td></td>
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<tr>
<td>Seated Rev. Toss</td>
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<td>Wood Chops</td>
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**Friday**

<table>
<thead>
<tr>
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<th>Set</th>
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<tbody>
<tr>
<td>Warm-up 10min. Bike/Treadmill</td>
<td></td>
<td></td>
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<tr>
<td>Jump Rope 400 rotations</td>
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<td></td>
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<tr>
<td>Speed Ladder 4x</td>
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<td></td>
</tr>
<tr>
<td>High Pull/Jump Shrug Combo 5x 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Power Clean 50 55 65 75 75</td>
<td>8 6</td>
<td>6 4 4</td>
</tr>
<tr>
<td>w/front squats</td>
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<td></td>
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<tr>
<td>Lateral Box Jumps Body weight x3</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>DB Incline 50 55 65 70</td>
<td>8 6</td>
<td>5 3</td>
</tr>
<tr>
<td>DB Pull over(FB) Light weight 3x 8</td>
<td>alternate</td>
<td></td>
</tr>
<tr>
<td>DB Bent-Over Row 3x 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Push-ups(MB) 3x 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arm Curls 3x 25% Max</td>
<td></td>
<td></td>
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<tr>
<td>Dips Body Weight 3x Max</td>
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<tr>
<td>Core Work (MB) 3x 25</td>
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<tr>
<td>Fabulous Five</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Push-ups</td>
<td></td>
<td></td>
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<tr>
<td>2. Knee Tucks</td>
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<td></td>
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<tr>
<td>3. Toe Taps</td>
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<td></td>
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<tr>
<td>4. Leg Raises</td>
<td></td>
<td></td>
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<tr>
<td>5. Suit Case</td>
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**Monday**

<table>
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<td></td>
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<tr>
<td>Speed Ladder 4x</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Squat  
35  45  55  65  75  
8   6   6   4   4  

Pistol Squats  
Body weight  3  
10  

Squat jumps  
BAR  25  Bodyweight  2  
4   4   5  

Leg curls  
Light weight  3  
10  

Bench Press  
55  65  75  85  90  
10  8   6   4   2  

Pulls ups  
Body weight  3x Max  

DB Y press  
30lbs.  3x 12  

DB snatch  
25lbs  3x 6  

Core Work (MB) 3x 25  
Russian Twist  
Toe Touches  
Seated Rev. Toss  
Wood Chops  

**Tuesday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Power Clean  
50  55  65  75  75  
8   6   6   4   4  

Box Jumps  
Body weight  3  
10  

DB Incline  
50  55  65  70  
8   6   5   3  

Push Press  
Light weight  3  
8  

Push-ups(MB) 3x 10  
Arm Curls 3x 25% Max  

Tricep push downs  Heavy  3x 12  

Core Work (MB) 3x 25  
Fabulous Five  
1. Skiers  
2. Knee Tucks  
3. Tic-Toc  
4. Leg Raises  
5. Ball Exchange  

**Wednesday**  
Dynamic Movement  
200m  4x  
Core Work  

**Thursday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Squat  
35  45  55  65  75  
8   6   6   4   4  

Core Work (MB) 3x 25  
Russian Twist  
Toe Touches  
Seated Rev. Toss  
Wood Chops  

**Tuesday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Power Clean  
50  55  65  75  75  
8   6   6   4   4  

Box Jumps  
Body weight  3  
10  

DB Incline  
50  55  65  70  
8   6   5   3  

Push Press  
Light weight  3  
8  

Push-ups(MB) 3x 10  
Arm Curls 3x 25% Max  

Tricep push downs  Heavy  3x 12  

Core Work (MB) 3x 25  
Fabulous Five  
1. Skiers  
2. Knee Tucks  
3. Tic-Toc  
4. Leg Raises  
5. Ball Exchange  

**Wednesday**  
Dynamic Movement  
200m  4x  
Core Work  

**Thursday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Squat  
35  45  55  65  75  
8   6   6   4   4  

Core Work (MB) 3x 25  
Russian Twist  
Toe Touches  
Seated Rev. Toss  
Wood Chops  

**Tuesday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Power Clean  
50  55  65  75  75  
8   6   6   4   4  

Box Jumps  
Body weight  3  
10  

DB Incline  
50  55  65  70  
8   6   5   3  

Push Press  
Light weight  3  
8  

Push-ups(MB) 3x 10  
Arm Curls 3x 25% Max  

Tricep push downs  Heavy  3x 12  

Core Work (MB) 3x 25  
Fabulous Five  
1. Skiers  
2. Knee Tucks  
3. Tic-Toc  
4. Leg Raises  
5. Ball Exchange  

**Wednesday**  
Dynamic Movement  
200m  4x  
Core Work  

**Thursday**  
Warm-up 10 min. Bike/Treadmill  
Jump Rope 400 rotations  
Speed Ladder  4x  

Squat  
35  45  55  65  75  
8   6   6   4   4  

Core Work (MB) 3x 25  
Russian Twist  
Toe Touches  
Seated Rev. Toss  
Wood Chops
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pistol Squats</td>
<td>Body weight</td>
<td>3</td>
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<tr>
<td></td>
<td></td>
<td>10</td>
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<tr>
<td>Squat jumps</td>
<td>BAR 25</td>
<td>Bodyweight 2</td>
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<tr>
<td></td>
<td>4</td>
<td>4</td>
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<tr>
<td>Mule kicks (MB)</td>
<td>3x</td>
<td>10</td>
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<td></td>
<td></td>
<td>10</td>
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<tr>
<td>Pause Bench Press</td>
<td>55 65 65 65 70</td>
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<td></td>
<td>10 8 8 6 6</td>
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<tr>
<td>Pulls ups</td>
<td>Body weight</td>
<td>3x Max</td>
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<tr>
<td>DB Y press</td>
<td>30lbs.</td>
<td>3x</td>
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<tr>
<td>DB snatch</td>
<td>25lbs</td>
<td>3x</td>
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<tr>
<td>Glute Ham</td>
<td>3x 15</td>
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<tr>
<td>Core Work (MB)</td>
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Huston Tillotson University
Strength and Conditioning
Nutrition Guidelines

1) Always eat breakfast
2) Eat 4 – 7 meals per day, counting snacks
3) Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy, and lean beef
4) A fruit and/or vegetable should be eaten each meal
5) Eat every 2-3 hours
6) Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and soda/pop. As well as foods like cookies, candy and ice cream.
7) Water should be your main drink of choice
8) Try to stay away from pre-prepared food whenever possible (fast food, pizza, frozen dinners)
9) Prepare food ahead of time is possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person
10) Get color onto your plate – in the form of vegetables and fruits.
11) Bookend your workouts – pre and post! Your workout is not complete until you eat!