



# 12 WEEK OFF SEASON STRENGTH AND POWER PROGRAM FOR BASKETBALL PLAYERS

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## Additional Resources

For additional basketball specific strength & conditioning resources, please visit:

- ➡ Stronger Team | Alan Stein's Blog: <http://Blog.StrongerTeam.com>
- ➡ Training Products, Guides, Workouts, Programs: <http://Shop.StrongerTeam.com>
- ➡ Stronger Team Information, Schedules, Articles, Services: <http://www.StrongerTeam.com>
- ➡ Free Training Videos: <http://www.youtube.com/StrongerTeamDotCom>

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## Introduction

Congratulations on taking an important step in maximizing your potential for success on the basketball court. Your effort and dedication, combined with the information in this program, will help you implement a sound and productive off-season strength training and power program.

Strength training and conditioning is still a greatly underestimated aspect of preparation for many players and teams. In order to maximize potential on the basketball court, you must be in great shape. More specifically, you need to be in great basketball shape. Basketball players are not Olympic lifters or bodybuilders, so they need not train that way.

The importance of strength and power is quite evident in the sport of basketball. The days of just playing pick-up at the gym are over. It is important to participate in a truly comprehensive strength training and power program in order to improve performance on the court.

The central purpose of this strength and power program is to decrease the occurrence of injury. Basketball is very physically demanding and is most certainly a contact sport. Making the muscles, ligaments, and tendons of the body stronger will lessen the chance and/or severity of an injury (such as a pulled groin or rolled ankle), and keep a player on the court where they belong. In addition, a properly implemented strength and power program can improve overall performance. A player will be able to run faster, jump higher, and box out stronger!

The goal of this program is to provide a day by day, safe, efficient, and productive off-season strength training program for players and teams of all levels. Both male and female players, ages 13 and older, can utilize the principles and guidelines in this program.

**IMPORTANT:** For any exercises listed with a number and a letter (1**A**: Dumbbell Squats and 1**B**: Dumbbell Bench Press), these exercises are to be performed in a superset fashion. Perform one set of 1**A**: Dumbbell Squats, then move immediately to 1**B**: Dumbbell Bench Press. Move back and forth until the prescribed number of sets and repetitions are complete.

### Warm-up

Prior to beginning these workouts, it is important to go through a proper warm-up to reduce the chance of injury. Don't confuse warming up with stretching, as they are two completely separate activities. The warm-up will consist of low intensity movements that involve most of the muscles in the body. The goal of the warm-up is to raise the body's core temperature a few degrees in order to increase blood flow to the muscles and loosen up the joints. This will help prepare the body and mind for the workout to follow. The warm-up won't take very long, but is very important.

### Dynamic Flexibility

Dynamic flexibility is the superior way to prepare, as it is more effective, focused, and productive than sitting and stretching. This dynamic flexibility exercises in this program will increase your active range of motion. There are several benefits to performing dynamic movements over a more traditional "sit and stretch" routine. First, by continuing to move, you ensure the body and muscles stay warm throughout this process. Many players will lose the 2-3 degree increase in core temperature by sitting and stretching for 10-15 minutes. Dynamic flexibility, when performed appropriately, prepares the muscles and joints in a more specific manner

than static stretching. Given that the workout is going to consist of dynamic movements – it is important to prepare the body in a similar manner. These dynamic flexibility exercises also help with coordination, motor skills, and the ability to jumpstart the central nervous system. These traits are invaluable with younger athletes who are still learning how to control their bodies in space. For more in depth information on flexibility, we recommend the [Pre / Post Practice Stretches PDF](#) available at [Shop.StrongerTeam.com](http://Shop.StrongerTeam.com).

## **Pre-Hab**

Re-hab, or rehabilitation, is a series of exercises done after a player is injured, in an effort to get them back in playing condition. Therefore, pre-hab, is a term coined to describe a series of exercises done before a player may be injured, as a proactive means to reduce the risk and overall severity of an injury. This is done by strengthening specific muscle groups and joints. The ankle is the single most injured area for basketball players. Ankle sprains can happen from landing on another player's foot or having it roll over during a sharp cut. A severe ankle sprain can debilitate a player for several months. This program includes a series of pre-hab exercises to strengthen the ankle and foot.

## **Core Training**

The core consists of everything from the armpits to the kneecaps. This includes the abdominals, low back, obliques, and hips. The core is the center of all movement, which means core training is extremely important for basketball players. A strong core may help prevent hip and lower back injuries (which are especially common among taller players), as well as enhance performance (such as improving a player's vertical jumping ability and lateral movement). We have selected core exercises that train the core in all 3 planes of motion as well as from a variety of angles. For more in depth information on core training, we recommend the [Medicine Ball Workouts](#) and [On Court Strength Workout](#) PDF's available at [Shop.StrongerTeam.com](http://Shop.StrongerTeam.com).

## **Strength Training**

Safety, time efficiency, and intensity are the backbone of this strength training program. Our main focus is to facilitate improvement in muscular strength and potential for power. By making the tendons, ligaments, and muscles of the body stronger, you will decrease the likelihood of sustaining an injury. Further, you will improve performance on the court. The stronger a player is the more force they can produce. The more force they can produce, the higher they can jump and the faster they can run.

Our goal is to minimize risk within the training atmosphere. We have chosen the safest exercises available but still recommend that all workouts are properly supervised (we recommend the use of a spotter for a majority of the exercises). Players should always perfect exercise technique and form prior to utilizing additional resistance or weight. Additionally, players should perform every movement in a slow, controlled, and deliberate fashion, with special emphasis focused on the lower portion of each lift. Lastly, players should work within the prescribed rep ranges and avoid maxing out (seeing how much weight can be lifted in one repetition), as these practices can be very dangerous.

Time is a precious commodity. Therefore, the goal of this strength program is to get the best results possible in the shortest amount of time. Why should you spend ten hours per week strength training if you can attain equal results in just three hours per week? Those seven hours would be better invested in working on fundamentals! We have chosen to use a limited number of sets and exercises during each workout, while minimizing rest intervals to induce an overall conditioning effect. This will make each workout brief, but intense!

Intensity is the most important controllable factor in determining results. Below a certain level of intensity, strength training will have very little benefit. Intensity is the level of effort exerted by the player. If a player is capable of lifting 100 pounds 15 times and they stop at 10, the exercise was clearly not as intense as it could have been. Therefore, it is recommended each set is taken close to the point of momentary muscular fatigue; the point at which no additional reps can be safely completed because the exercise becomes so challenging. If the weight has been selected correctly, the player will reach muscular fatigue within the provided rep range.

Progression is another vital component. You should consistently attempt to lift more weight and/or do more reps with each workout. If a player can lift 100 pounds 15 times one day, yet they are still lifting the same 100 pounds 15 times three months later, then they haven't become any stronger. The best way to monitor progress is to record all workout data on the workout cards provided.

## **Power**

Plyometrics (plyos) are exercises that involve some form of explosive movement such as a jumping, hopping, or bounding for the lower body, and some type of swinging, pushing, and throwing for the upper body. Plyos are designed to increase power. They use the force of gravity or of a weighted object to store potential energy in the muscles, and then immediately release this energy in the opposite direction. The energy stored, in addition to physiological responses and mechanisms in the body (myotatic reflex) during the eccentric (negative, muscle lengthening) phase of a muscle contraction, is used to produce a more powerful concentric (positive, muscle shortening) phase of muscle contraction. We have implemented numerous plyo drills into this program to improve power and help with their body-awareness and confidence. Plyos are also an excellent tool for teaching proper landing mechanics, a commonly overlooked yet integral part of an overall training program.

## **Age**

A person's chronological age does not always mirror their physical and mental maturity. Some 12 year olds look 22 and some 22 year olds look 12! So regarding a specific players' individual readiness to participate in this comprehensive strength program, we recommend you get the approval of a qualified professional. However, for the most part, we are very confident this program is appropriate for a majority of players ages 13 and older. If a player is 13 or 14, we encourage them to make two slight modifications to the workout program:

- ➡ Only do 1 set of each of the plyometric exercises listed.
- ➡ Perform 12-15 reps for all strength exercises; regardless of what is listed.

For all players age 15 and older, you can follow the program exactly as it is designed.

## **Weight**

Selecting the appropriate weight or resistance is integral to the success of this program. It will take a little bit of trial and error. When choosing a weight, we highly recommend you take a conservative approach and would prefer you pick a weight that is too light as opposed to too heavy. You can easily increase if necessary! You should record each exercise in the charts provided as weight x reps (85 x 12 means 85 lbs. for 12 reps). Ideally, we recommend you take each exercise to the point when the exercise becomes very challenging. This is the point at which you are having trouble completing reps with good form. Please use good judgment when deciding this and always use a spotter. For example, let's say a player could only perform 10 reps at 145 lbs on the bench press, before reaching muscle fatigue. As long as 10 falls within the prescribed rep range, that is an appropriate weight. However, if the rep range was 12-15, then 145 lbs. was too heavy. But let's assume

the rep range was 10-12, making 145 lbs. the perfect weight. As soon as they can perform 12 reps at that weight, the weight should be increased by 5 lbs. for the following workout. If they don't complete 12 reps (as in this example they only did 10), then they are to use the same weight each successive workout until they can.

## **Rest**

We recommend you rest as long as you feel necessary in between each set and exercise. Initially this may be as much as 2-3 minutes, but over time, as you get in better basketball shape, you will be able to reduce your rest to :30-:45. For more in depth information on rest, we recommend the [Recovery and Regeneration](#) PDF available at [Shop.StrongerTeam.com](http://Shop.StrongerTeam.com).



As a supplement to this program, you may also be interested in purchasing the following DVDs from [Shop.StrongerTeam.com](http://Shop.StrongerTeam.com):

- ➡ [Strength & Power Training for Basketball Players](#)
- ➡ [130 "Pro Power" Strength, Power, & Explosiveness Drills](#)

## Workout: Month 1 - Day 1

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	1 Leg Balance And Reach	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>
	Over the Fence	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings			1 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Pogo Jumps			2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	3 Sets of 12 Reps	<input type="checkbox"/>
	Box Jumps			2 Sets of 5 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>	3 Sets of 6 Reps	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Dumbbell Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>1B:</b> Dumbbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2A:</b> Machine Leg Curl	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Pull-ups	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Dumbbell Step-ups (Each Leg)	1 Set of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>3B:</b> Dumbbell Overhead Press	1 Set of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>4A:</b> Cable twist	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>
	<b>4B:</b> Inverted Row	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>
	<b>5:</b> 1 Leg Weighted Dorsiflexion (Each Leg)	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>	1 Set of 15-20 Reps	<input type="checkbox"/>
	<b>6:</b> Medicine Ball Slams	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>
Finisher	Plate Push Suicides	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

## Workout: Month 1 – Day 2

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Side To Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs								
	Glute Bridge	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	3 Spot Balance and Reach (Each Leg)	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings			1 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	2 Foot Bounds			2 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>
	Power Skips (Each Leg)			2 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	3 Sets of 5 Reps	<input type="checkbox"/>
Resistance Training	<b>1:</b> Dumbbell 3 Way Lunges (Forward, Lateral, Reverse)	2 Sets of 5 Reps Each Direction	<input type="checkbox"/>	3 Sets of 5 Reps Each Direction	<input type="checkbox"/>	3 Sets of 5 Reps Each Direction	<input type="checkbox"/>	2 Sets of 5 Reps Each Direction	<input type="checkbox"/>
	<b>2A:</b> Barbell Incline: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Low Back Extension	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Dumbbell Row (Each Arm)	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>3B:</b> Single Leg Dumbbell Calf Raises (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>4A:</b> Dips	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>4B:</b> Straight Arm Pulldown	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>5:</b> Dumbbell Push-up Row	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
Finisher	Static Plate Hold	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring / Calf Stretch, 90 / 90 Hip Stretch, Lunge Stretch, Angled Lunge Stretch, Standing Groin Stretch	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

## Workout: Month 1 – Day 3 (Optional)

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	3 Spot Balance and Reach (Each Leg)	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Dumbbell Squat Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	2 Sets of 8-10 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>1B:</b> Medicine Ball Side Wall Throws	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>
	<b>2A:</b> Dumbbell Pushup Row (Each Arm)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Single Leg Dumbbell RDL (Each Leg)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>3A:</b> Underhand Pulldown	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Core: Woodchoppers and Side Twists	2 Sets of 30 Seconds Each	<input type="checkbox"/>	3 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>



## Workout: Month 2 - Day 1

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
	Jump Rope (15 Seconds Quick, 15 Slow)	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	1 Leg Balance And Reach	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>
	Over the Fence	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Set of 6 Reps	<input type="checkbox"/>	2 Set of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Pogo Jumps	2 Set of 10 Reps	<input type="checkbox"/>	3 Sets of 15 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>		
	Box Jumps	2 Set of 8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Knee Tuck Jumps							2 Sets of 5 Reps	<input type="checkbox"/>
	Split Squat Jumps							2 Sets of 10 Reps	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Barbell Front Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps, 75% X 2 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	<b>1B:</b> Barbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>2A:</b> Single Leg Dumbbell RDL	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
	<b>2B:</b> Underhand Pulldown	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Dumbbell Split Squat (Each Leg)	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>3B:</b> 1 Arm DB Overhead Press (Each Arm)	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 6 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>4:</b> Pull-ups	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>
	<b>5A:</b> Medicine Ball Side Slams (Each Side)	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>
	<b>5B:</b> Wall Dorsiflexion	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 45 Seconds	<input type="checkbox"/>	1 Set of 1 Minute	<input type="checkbox"/>
	<b>5C:</b> Single Leg DB Calf Raise (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
Finisher	Reverse Wall Sit	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring / Calf Stretch, 90 / 90 Hip Stretch, Lunge Stretch, Angled Lunge Stretch, Standing Groin Stretch	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

## Workout: Month 2 - Day 2

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Side to Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs								
	Glute Bridge	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>
	Bodyweight Squat (Normal, Wide, Narrow, Staggered)	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>
	3 Spot Balance and Reach (Each Leg)	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>
	Pushups	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	2 Foot Bounds	2 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Power Skips (Each Leg)	2 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>		
	Lateral Bounds							2 Sets of 6 Reps	<input type="checkbox"/>
	Forward Lateral Bounds							2 Sets of 6 Reps	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Barbell Reverse Lunge (Each Leg)	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>1B:</b> Over the Fence	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>
	<b>2A:</b> Dumbbell Incline Press	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Machine Leg Curl	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Inverted Row	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>3B:</b> Single Leg DB Calf Raises (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
	<b>3C:</b> Plate Hip Adduction (Each Leg)	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 12 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>
	<b>4A:</b> Dumbbell Bench Press	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>4B:</b> Straight Arm Pulldown	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
Finisher	<b>5:</b> Stability Ball Iron Bridge Rollout	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>1 Arm Farmers Walk</b>	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 30 Seconds	<input type="checkbox"/>	1 Sets of 45 Seconds	<input type="checkbox"/>	1 Set of 1 Minute	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

## Workout: Month 2 - Day 3 (Optional)

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Heel Drops (Each Leg)	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>
	Pushups	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Resistance Training	<b>* 1: Barbell Complex:</b> ➔ Barbell Squats ➔ Barbell Shoulder Press ➔ Barbell Lateral Lunge ➔ Barbell Stiff Legged Deadlift ➔ Barbell Row	5 Reps Each for 3 Rounds  1 Minute Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 3 Rounds  45 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 4 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 2 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>
	<b>2A:</b> 1 Arm Standing Cable Press (Each Arm)	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Stability Ball Leg Curl (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
	<b>2C:</b> Hip Circuit (3 Moves)	2 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>
	<b>3A:</b> Underhand Pulldown	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Core: Planks and Side Holds	2 Sets of 30 Seconds Each	<input type="checkbox"/>	3 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

**\*NOTE:** Before you begin the Barbell Complex, warm-up by going through it with some light dumbbells. It is recommended to start with a light weight to be sure that you can make it through the entire series without stopping. Attempt to move to each exercise consecutively with no rest. There is a prescribed rest at the end of each round.

## Workout: Month 3 - Day 1

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Tucks, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge								
	Jump Rope (10 Seconds Quick, 10 Slow)	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>	3 Minutes	<input type="checkbox"/>
	Bodyweight Squat	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
	1 Leg Balance And Reach	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>	10 Reps Each Leg	<input type="checkbox"/>
	Over the Fence	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>	10 Reps Each	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Knee Tuck Jumps	3 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 5 Reps	<input type="checkbox"/>
	Split Squat Jumps	3 Sets of 8 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	4 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
Resistance Training	<b>1A:</b> Barbell Zercher Squats: Warm-Up 1st Set (50% Weight X 5-6 Reps, 75% X 2 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	<b>1B:</b> Barbell Overhead Press: Warm-Up 1st Set (50% Weight X 5-6 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>2A:</b> Dumbbell Lateral Lunge	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>
	<b>2B:</b> Pull-ups	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 4-6 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Dumbbell Forward Lunge (Each Leg)	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	1 Set of 8-10 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Pushups (2 Balls)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	1 Set of Max Reps	<input type="checkbox"/>
	<b>4A:</b> Cable Twist (Each Side)	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>
	<b>4B:</b> Wall Dorsiflexion	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 30 Seconds	<input type="checkbox"/>	2 Sets of 45 Seconds	<input type="checkbox"/>	1 Set of 1 Minute	<input type="checkbox"/>
	<b>4C:</b> Single Leg Dumbbell Calf Raise (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
Finisher	Dumbbell Farmers Walk	1 Minute	<input type="checkbox"/>	1 Minute 15 Seconds	<input type="checkbox"/>	1 Minute 30 Seconds	<input type="checkbox"/>	1 Minute	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

## Workout: Month 3 - Day 2

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Side to Side Lunges, Frankenstein March, Pointers, Quad Stretch, Shin Grabs								
	Glute Bridge	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>	2 Set of 10 Reps	<input type="checkbox"/>
	Bodyweight Squat (Normal, Wide, Narrow, Staggered)	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>	5 Reps Each	<input type="checkbox"/>
	3 Spot Balance and Reach (Each Leg)	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>	5 Reps Each Spot	<input type="checkbox"/>
Plyometrics	Low Box Drop Landings	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>	1 Sets of 6 Reps	<input type="checkbox"/>
	Lateral Bounds	3 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Forward Lateral Bounds	3 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	4 Sets of 6 Reps	<input type="checkbox"/>	2 Sets of 6 Reps	<input type="checkbox"/>
	Step-up Jumps	1 Set of 8 Reps	<input type="checkbox"/>	2 Sets of 8 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>		
Resistance Training	<b>1A:</b> Leg Press	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 8 Reps	<input type="checkbox"/>	3 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>1B:</b> Heel Drop (Each Leg)	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>	20 Second Hold	<input type="checkbox"/>
	<b>2A:</b> Barbell Bench Press: Warm-Up 1st Set (50% Weight X 5-6 Reps, 75% X 2 Reps)	3 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>	4 Sets of 5 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>2B:</b> Low Back Extension	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>3A:</b> Cable Row	3 Sets of 8-10 Reps	<input type="checkbox"/>	3 Sets of 10-12 Reps	<input type="checkbox"/>	4 Sets of 6-8 Reps	<input type="checkbox"/>	3 Sets of 6-8 Reps	<input type="checkbox"/>
	<b>3B:</b> Single Leg DB Calf Raise (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3C:</b> Hip Circuit (3 Moves)	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 1 Minute Each	<input type="checkbox"/>	2 Sets of 1 Minute Each	<input type="checkbox"/>
	<b>4A:</b> Dumbbell Pushup Row (Each Arm)	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 6-8 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>4B:</b> Underhand Pulldown	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>5:</b> Stability Ball Iron Bridge Rollout	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	3 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
Finisher	Wall Sit	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>	Time:	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring / Calf Stretch, 90 / 90 Hip Stretch, Lunge Stretch, Angled Lunge Stretch, Standing Groin Stretch	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

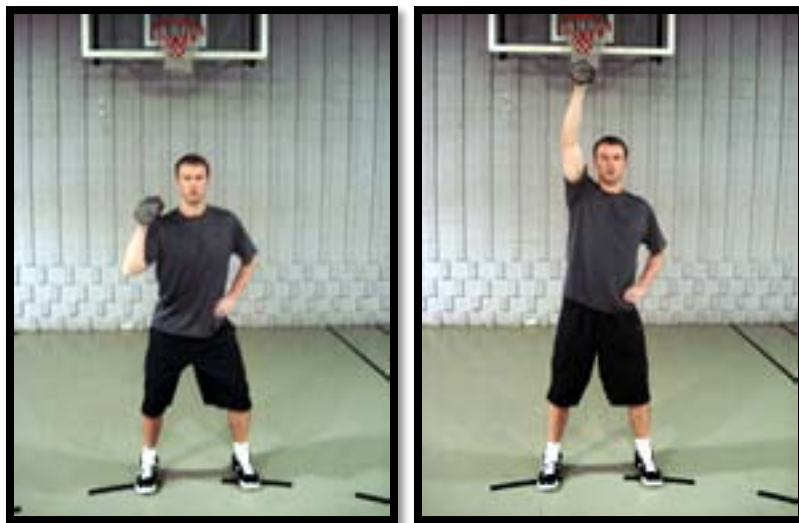
## Workout: Month 3 - Day 3 (Optional)

Activity		Week 1	☑	Week 2	☑	Week 3	☑	Week 4	☑
Warm-Up	<b>Dynamic Flexibility:</b> Knee Hugs, Quad Stretch, Lateral Hamstring Rocker, Forward Leg Swings, Hip Circles								
	Heel Drops (Each Leg)	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>	2 Sets of 20 Seconds	<input type="checkbox"/>
	Pushups	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>
Resistance Training	<b>* 1: Barbell Complex:</b> ➔ Barbell Squat Press ➔ Barbell Row ➔ Barbell Deadlift ➔ Barbell Reverse Lunge	5 Reps Each for 3 Rounds  1 Minute Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 3 Rounds  45 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 4 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>	5 Reps Each for 2 Rounds  30 Seconds Rest Between Rounds	<input type="checkbox"/>
	<b>2A:</b> Dips	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-12 Reps	<input type="checkbox"/>	3 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>
	<b>2B:</b> Stability Ball Leg Curl (Each Leg)	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>
	<b>3A:</b> 1 Arm Standing Cable Row	2 Sets of 10-15 Reps	<input type="checkbox"/>	2 Sets of 15-20 Reps	<input type="checkbox"/>	2 Sets of 8-10 Reps	<input type="checkbox"/>	2 Sets of 10-15 Reps	<input type="checkbox"/>
	<b>3B:</b> Basketball Core: Over / Unders and Side Twists	2 Sets of 30 Seconds Each	<input type="checkbox"/>	3 Sets of 30 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>	2 Sets of 45 Seconds Each	<input type="checkbox"/>
Post Stretch (Bands)	Hamstring, Groin, Low Back / It Band, Quad / Hip Flexors, Heel Drop	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>	30 Seconds Each	<input type="checkbox"/>

**\*NOTE:** Before you begin the Barbell Complex, warm-up by going through it with some light dumbbells. It is recommended to start with a light weight to be sure that you can make it through the entire series without stopping. Attempt to move to each exercise consecutively with no rest. There is a prescribed rest at the end of each round

**Activity Descriptions (Ordered Alphabetically)****1 Arm Dumbbell Farmers Walk**

Hold one heavy dumbbell and walk for distance or for time. Be sure to walk with good posture through the entire exercise. Make sure to do both sides!

**1 Arm Dumbbell Overhead Press**

Hold one dumbbell at your shoulder and press straight above your head until your arm is fully extended. Try not to lean to one side and maintain good posture. Return the weight under control to the starting position and repeat.

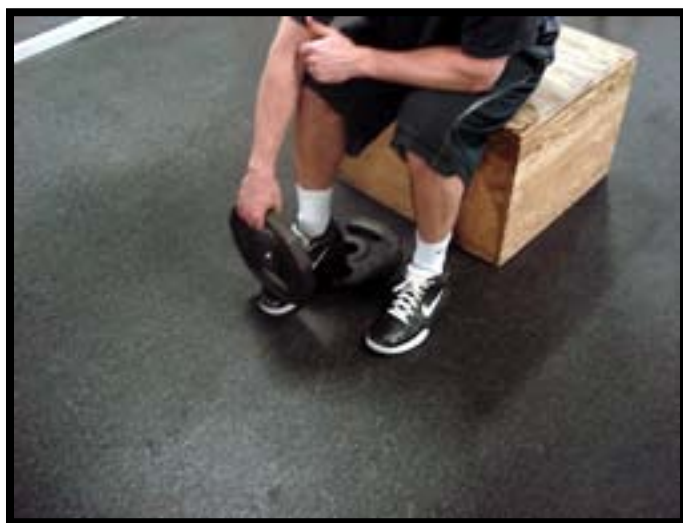


### 1 Leg Balance And Reach



Balance on one leg and while keeping only a slight bend in the knee, reach both hands towards the ground, then return to the standing position.

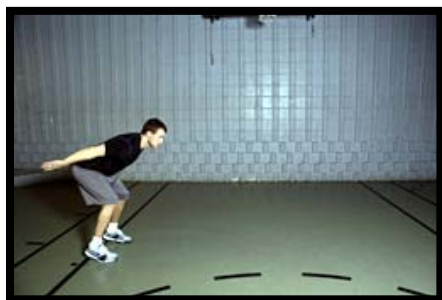
### 1 Leg Weighted Dorsiflexion



Place one weight plate (10 lb or 25 lb) on the ground and put your heel on the edge. Hold the other weight plate straight up and place it on your top of your shoe (towards your toe). Hold onto the weight and lower your foot until it touches the ground then drive your toes up as high as you can and pause momentarily. Lower back to the start and repeat.



### 2 Foot Bounds



Jump forward with both feet attempting to take up as much distance as possible. Land in a balanced athletic position, then repeat for the prescribed amount of repetitions.

### 3 Spot Balance And Reach

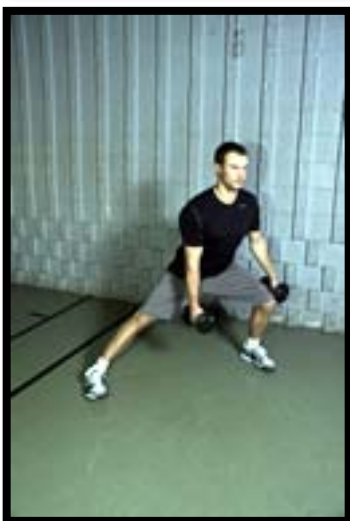


Visually find 3 different spots on the ground in front of you: #1 is to the left of your balanced foot, #2 is directly in front of you, and #3 is to the right of your balanced foot. Balance on one leg while keeping only a slight bend in the knee. Reach both hands towards the ground touching in each designated spot. Return to the standing position in between touching each numbered area.

### 3-Way Lunge Matrix (Forward Lunge / Lateral Lunge / Reverse Lunge)



**Forward Lunge:** assume an athletic stance. Take a big step forward and keep your ankles, knees, hips, and shoulders facing forward. Keep your front lower leg perpendicular to the ground. Drop your back knee close to the ground and push your body back to the start.



**Lateral Lunge:** assume an athletic stance. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position. Upon the descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.



**Reverse Lunge:** Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

### 90 / 90 Hip Stretch



Sit on the floor with your front and back legs each making a 90 degree angle. The lower part of your front leg should be parallel with your hips and the lower part of your back leg should be perpendicular to your hips. Try and lower your torso towards your front foot

### Angled Lunge Stretch



Follow the exact same guidelines as the forward lunge except place your front leg a 45 degree angle (foot still faces forward). Instead of driving your hips straight forward, drive them at a 45 degree angle.

### Barbell Back Squat



Stand with a barbell on the back of your shoulders. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

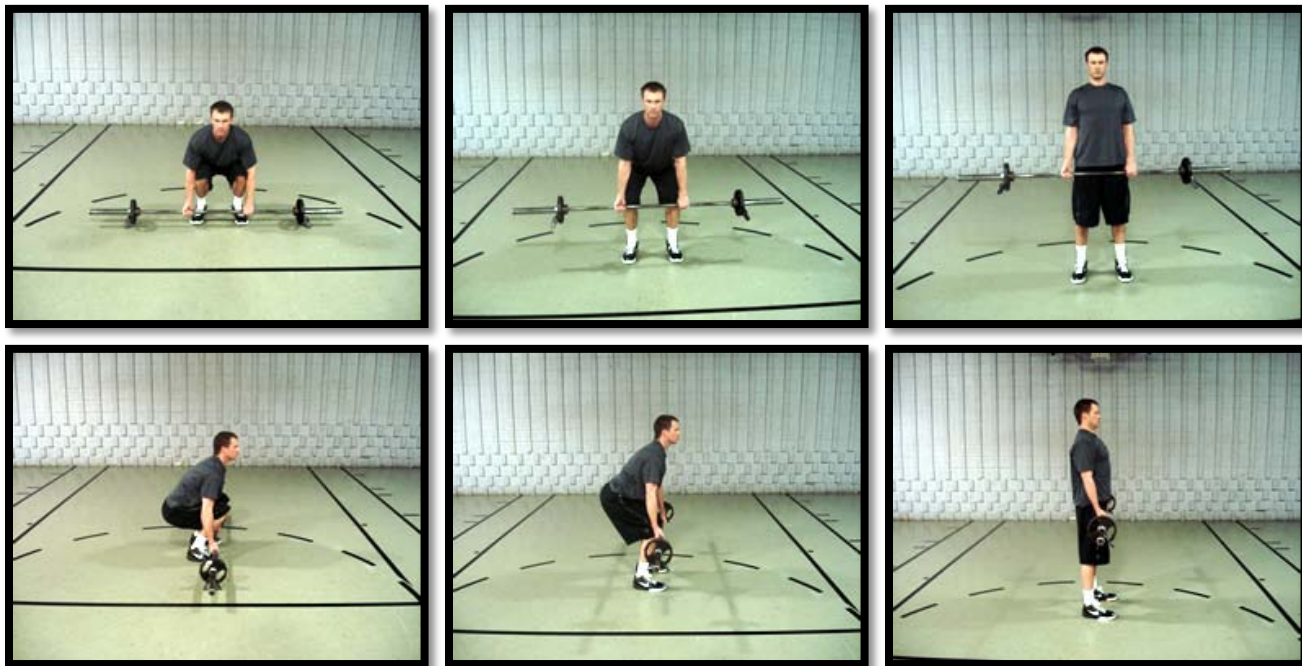
### Barbell Bench Press



Start by holding the bar with a shoulder width grip and your arms fully extended. Lower the weight under control keeping your shoulder blades down and back and your elbows tight to your body. Touch your upper chest and then push the bar back up until your arms are fully extended.



### Barbell Deadlift



Start by setting up close to the barbell (bar should touch your shins). Grab the bar tightly with a shoulder width grip. Keep your arms straight and locked with the shoulder blades drawn back. Drive hard through your heels and pick the bar up until your body is fully extended. Be sure to drive the head and chest up and keep your upper body stiff and in good posture throughout the entire movement.

### Barbell Drop Lunge



Stand with a barbell on the back of your shoulders. Drop one leg back and across your body into a lunge position. Bring the back knee close to the ground. Be sure to keep the knee of your front leg directly over your heel and the front foot pointing forward. Push back up to the starting position and alternate legs.

### Barbell Forward Lunge



Stand with a barbell on the back of your shoulders. Step forward and drop down into a lunge position bringing your back knee close to the ground. Be sure to maintain good posture and balance throughout the exercise. Keep the knee of your front leg directly over your heel. Push back up to the starting position and switch legs.

### Barbell Front Squat



Balance a barbell on the front of your shoulders by holding your elbows high and holding it in place with your fingers. Lower yourself until your thighs are parallel to the ground, then push back up to the start. Push your backside back as you descend and keep your weight on your heels.

### Barbell Incline Press



Start by holding the bar with a shoulder width grip and your arms fully extended. Lower the weight under control keeping your shoulder blades down and back and your elbows tight to your body. Touch your upper chest and then push the bar back up until your arms are fully extended.

### Barbell Lateral Lunge



Stand with a barbell on the back of your shoulders. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position and repeat on the opposite leg. Upon your descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.



### Barbell Reverse Lunge



Stand with a barbell on the back of your shoulders. Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

### Barbell Row



While holding a barbell and your arms fully extended, lower your upper body until it is perpendicular to the ground. Keep a slight bend in your knees and draw your shoulder blades back. Pull the bar towards your ribcage and pause momentarily. Return the weight to the starting position. Keep your back straight through the entire exercise.



### Barbell Shoulder Press



Hold a barbell at your shoulders and press straight above your head until your arms are fully extended. Return the weight under control to the starting position and repeat.

### Barbell Squat Press



Stand while holding at barbell at shoulder level. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. As you push back to a standing position, extend your arms overhead.

### Barbell Stiff Leg Deadlift



Hold a barbell with a shoulder width grip. With a slight bend in your knees and your shoulder blades pulled down and back, slowly lower your upper body towards the ground (letting your hips act as a hinge). Lower until your hands are close to the middle of your shins. Pull your body back up until you are fully extended. Initiate the movement by pushing your hips back behind you.

### Barbell Zercher Squat



Wrap a towel around a bar to provide a small cushion for this exercise. Hold the barbell in the crook of your elbows. Hold your hands up and keep them close to your body to secure the bar. Lower yourself until your thighs are parallel to the ground, then push back up to the start. Push your backside back as you descend and keep your weight on your heels.

### Basketball Core Series



**Planks:** Place your hands on top of the ball; directly below your shoulders and assume a “push up” position. Keep your hips up and to don’t tuck your chin



**Over Unders:** Sit up on your backside without letting your feet touch the ground and alternate by pulling each knee to your chest while placing the ball “over and under” each leg.



**Side Twists:** Assume the same starting position as the Over & Unders. Holding the ball with both hands twist your shoulders and from side to side, touching the ball on the ground next to your hip. Do your best to get your shoulders square to the direction you are tapping.



**Woodchoppers:** Lay on your backside holding a ball with your arms extended behind the head. Bring one knee in towards your chest and simultaneously take the ball and touch the toe. Return to the starting position and repeat on the other leg.



### Basketball Pushups (1 Or 2)



- ➔ **1 Basketball:** place one hand on the ground and the other hand on a basketball. Keep your ankles, knees, hips, and shoulders in a straight line. Lower your body until your chest is close to the ground, then press back up to the starting position. You can keep the ball in place for a number of repetitions or you can switch the ball between each repetition.
- ➔ **2 Basketballs:** same as above except place a ball under each hand.

### Bodyweight Squats



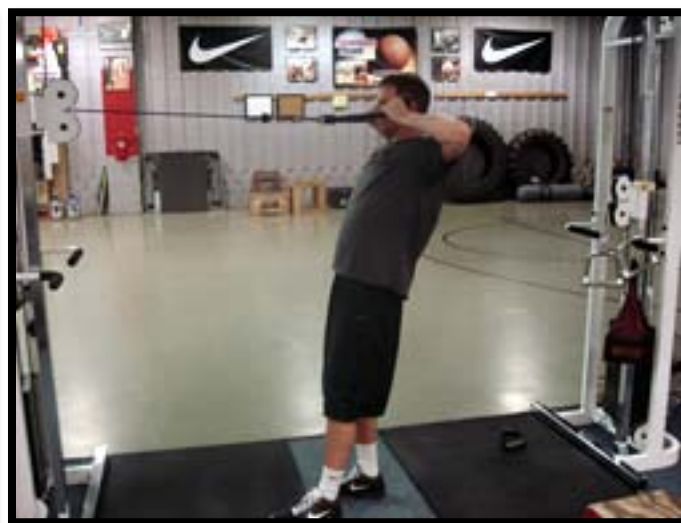
Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

### Box Jumps



Stand in front of a box in an athletic stance. Jump on to the box attempting to land in an athletic stance. Step down off the box and repeat for the prescribed amount of repetitions.

### Cable Face Pull



Set up a cable rope approximately the same height as your head. Start with your arms fully extended and pull the attachment towards your nose and your thumbs back towards your ears. Return to the starting position and repeat.

### Cable Row



Sit in an upright position holding the cable bar with your arms fully extended and your knees slightly bent. Draw your shoulder blades down and back and pull the bar towards your ribcage. Pause briefly and return the weight under control.

### Cable Twist



Set up a cable so that it is approximately chest height. Grab the attachment with both hands and walk out until you have tension when your arms are fully extended. Assume an athletic stance and keep a slight bend in your elbows. In a twisting motion, rotate your core and move your hands across your body keeping your arms extended. Your head and shoulders should stay square with your hands. Return to the start and repeat.



### Dip



Start with your arms fully extended holding onto the dip bars. Slowly lower yourself until your arms reach a 90 degree angle. Push your body back up to the start then repeat.

### Dumbbell Bench Press



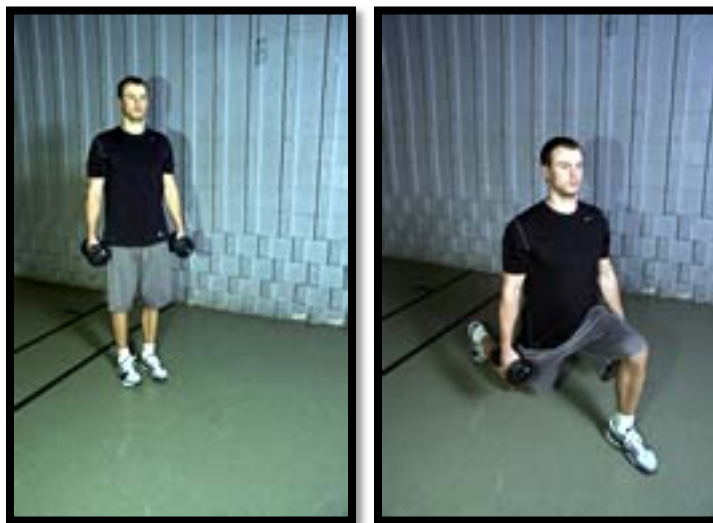
Start by holding a pair of dumbbells with a shoulder width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

### Dumbbell Farmers Walk



Hold two heavy dumbbells and walk for distance or for time.

### Dumbbell Forward Lunge



Stand with a dumbbell in each hand. Step forward and drop down into a lunge position bringing your back knee close to the ground. Be sure to maintain good posture and balance throughout the exercise. Keep the knee of your front leg directly over your heel. Push back up to the starting position and switch legs.



### Dumbbell Incline Press



Start by holding a pair of dumbbells with a shoulder width grip and the weights by your shoulders. Push the dumbbells back up over your face until your arms are fully extended. Then lower the weights under control keeping your shoulder blades down and back and your elbows tight to your body.

### Dumbbell Lateral Lunge



Stand with a dumbbell in each hand. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position and repeat on the opposite leg. Upon the descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.

### Dumbbell Overhead Press



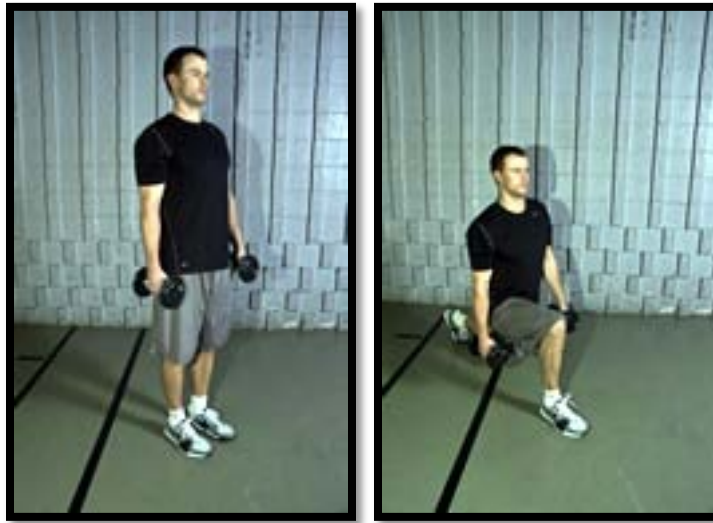
Hold two dumbbells at your shoulders and press straight above your head until your arms are fully extended. Return the weights under control to the starting position and repeat.

### Dumbbell Push-Up Row



Start in a pushup position with your hands on a pair of dumbbells. Perform a full pushup on the dumbbells. Keep your ankles, knees, hips, and shoulders in a straight line and lower your body until your chest is close to the ground. Keep your elbows tight throughout the movement and push your body back up to an arms extended position. After the pushup, stabilize your body on one arm and perform a row with the other arm by pulling the weight towards your chest. Repeat the pushup then perform a row on the other hand.

### Dumbbell Reverse Lunge



Stand with a dumbbell in each hand. Drop one leg back into a lunge position bringing your back knee close to the ground. Keep your ankles, knees, hips, and shoulders facing forward. Be sure to keep the knee of your front leg directly over your heel. Push back up to the starting position and alternate legs.

### Dumbbell Row



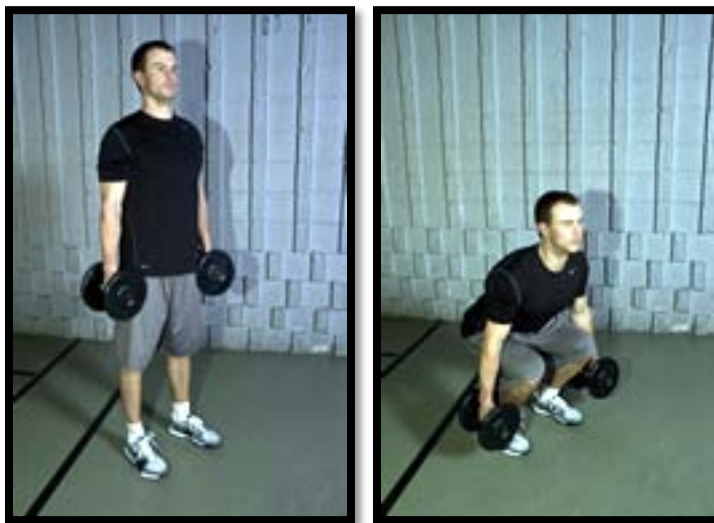
Start with one knee on a bench and the other foot on the ground. Maintain a flat back and pull the dumbbell towards your chest; keeping your upper body stationary. Return the weight to the starting position and repeat.

### Dumbbell Split Squat



Holding two dumbbells, balance on one leg with a slight bend in your knee with your opposite foot placed on a bench behind you. Drop down into a lunge position attempting to reach the point where your front thigh is parallel to the ground. Push back up to the starting position and repeat. Upon lowering your body, do not allow your knee to travel in front of your foot. If it does, simply re-position by moving your front foot farther away from the bench. Keep your heels flat and be sure to maintain good upper body posture through the entire range of motion.

### Dumbbell Squat



Stand with a dumbbell in each hand. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

### Dumbbell Squat Press



Same description as the **Barbell Squat Press** except holding two dumbbells.

### Dumbbell Step-Ups



Hold two dumbbells by your sides and step up on to a box or bench, driving your opposite knee up at the top of the movement. Return to the starting position and repeat for the prescribed number of repetitions. Choose a box that is around knee height.



### Fire Hydrants



Assume a kneeling position on all fours (knees and hands). Lift your right knee out to the side of your body as high as you can go then return to the starting position. Keep your back flat and your body still during the entire movement. Perform the drill on each leg.

### Forward Leg Swings



Stand near a wall (for balance purposes) and swing your leg forward and backward. Keep your opposite foot flat on the ground with minimal movement and be sure to maintain good posture through the entire exercise.

### Forward Lunge Stretch



Assume a slightly extended lunge position (with a folded towel or mat under your knee for comfort). Make sure your ankles, knees, and hips are facing forward. Don't let your front knee travel past your toes. Slowly drive your hips forward and keep your torso upright.

### Frankenstein March



While walking forward and keeping your right leg straight, kick your right leg up in front of you as high as you can and try to touch your opposite hand's finger tips, then repeat with the left leg.

### Glute Bridges



Lie flat on your back with your knees bent and feet close to your body. Push through your heels and raise your hips into the air as high as possible. Pause briefly then return to the starting position.

### Groin (Band) Stretch



Follow the exact same guidelines as the hamstring stretch and then, keeping your torso and hips flat on the ground, drop your leg down laterally. For a more intense stretch, continue to pull your foot towards the top of your head.

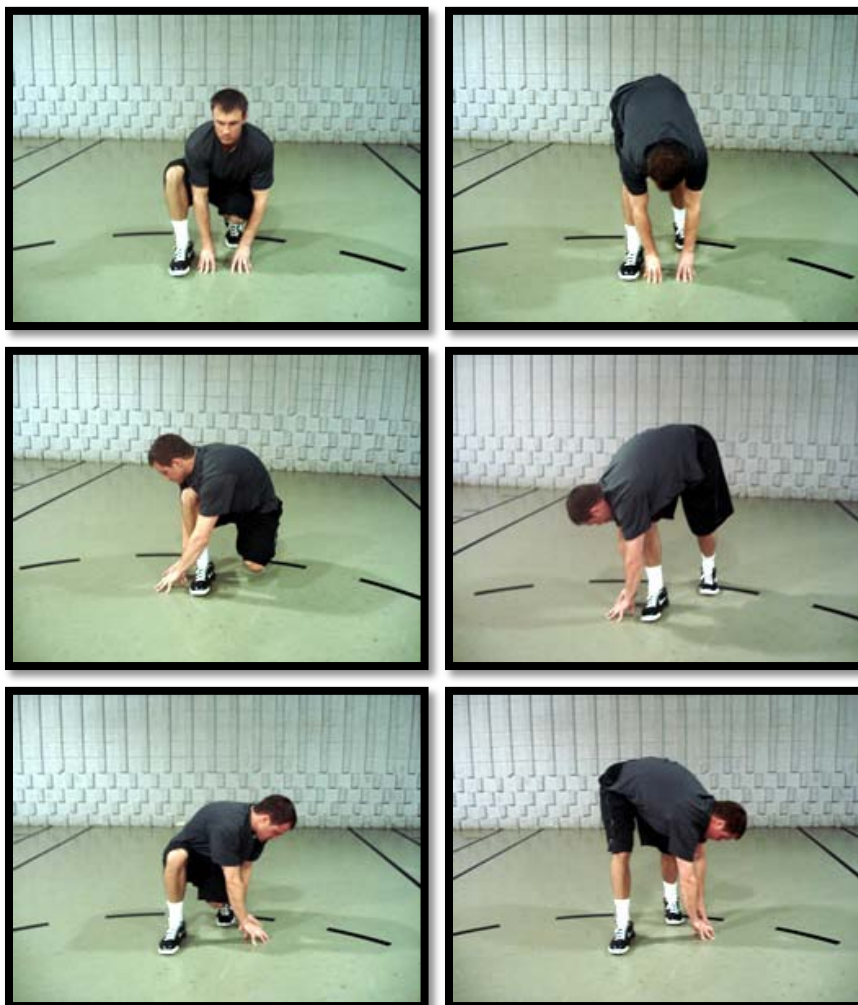


### Hamstring (Band) Stretch



Lie on your back with both legs extended. Wrap an elastic band or jump rope around the middle part of one foot. Keeping both legs straight (one stays on the ground), slowly pull your foot towards your nose. Make sure your ankle stays dorsi-flexed (right angle).

### Hamstring Rocker



Start in a split stance (feet hip width apart and one foot staggered in front of the other foot). Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

- ➡ Hand position #2: place both hands outside of your front foot and repeat the same sequence.
- ➡ Hand position #3: place both hands on the inside of your front foot and repeat the sequence.

Perform each stretch 5 times for each hand position and each leg.

### Heel Drops



Stand on one leg with the ball of your foot on the edge of a step. Drop the heel into a deep stretch and hold for the prescribed amount of time.

### Hip Circles



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, make a big circle with your other leg.

### Hip Circuit



Start by lying on your side, with your feet together, and your ankles, knees, hips, and shoulders in a straight line.

- ➔ **Leg raise:** Raise your top leg up while pointing your toes towards the ground. Return back to the start.
- ➔ **Knee tuck:** Pull your top knee towards your chest and back to the start.
- ➔ **Combo:** Alternate leg raises and knee tucks.

### Hockey Stretch



Assume a kneeling position (with a towel under your knees for comfort) and spread your knees as wide as possible. Keeping your knees stationary, drive your hips forward and then backward as far as you can (kind of a rocking motion).

### Horizontal Leg Swings



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, swing your other leg across your body reaching in both directions in a sweeping motion.

### Inchworm



Starting in pushup position, and keeping your legs as straight as possible, walk your feet towards your hands until you feel a stretch. Maintain good posture during the entire exercise. Try to keep your heels down during each step to stretch your Achilles. Once you have walked your feet in as far as possible, walk your hands back out to the original pushup position.

### Inverted Row



Set a bar so that it is approximately waist height. Position yourself underneath the bar and hold with an overhand grip. Pull your chest towards the bar and pause briefly. Return to the starting position and repeat.

**NOTE:** this exercise can be made more challenging by raising your feet and placing them on a bench or stability ball.

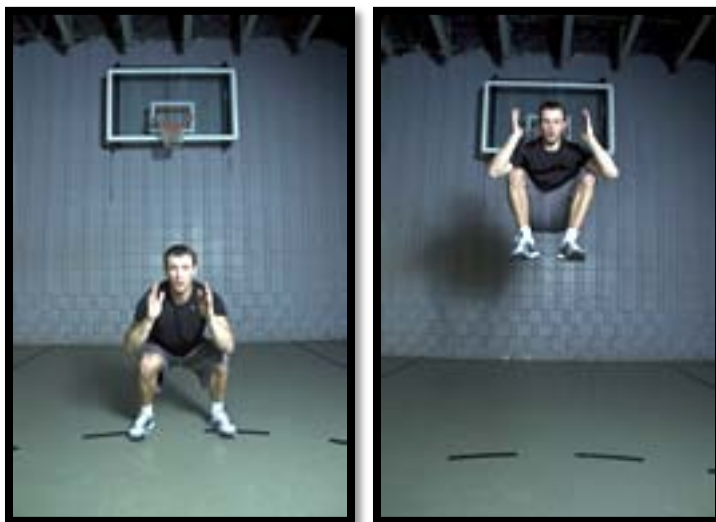
### Knee Hugs



While walking forward, hug your right leg into your chest, then step and do the same thing with your left leg (then repeat again with your right).



### Knee Tuck Jumps



Assume an athletic stance. Vertically jump straight up and pull your knees towards your chest. Land in an athletic stance and quickly repeat the jump for the prescribed amount of repetitions.

### Lateral Bounds



Balance on your right leg and jump to your left attempting to jump for both distance and height. Land with your left foot first, then with your right foot, ending in an athletic stance. Repeat in the other direction. Perform the prescribed amount of repetitions for each foot.



### Lateral Hamstring Rocker



Start by standing in a wide stance. Bend down and place your hands on the ground on each side of the front foot. While keeping your hands on the ground, attempt to straighten your legs by raising your hips. Hold for a second and return to the start position.

- ➡ Hand position #2: place both hands outside of your front foot and repeat the same sequence.
- ➡ Hand position #3: place both hands on the inside of your front foot and repeat the sequence.

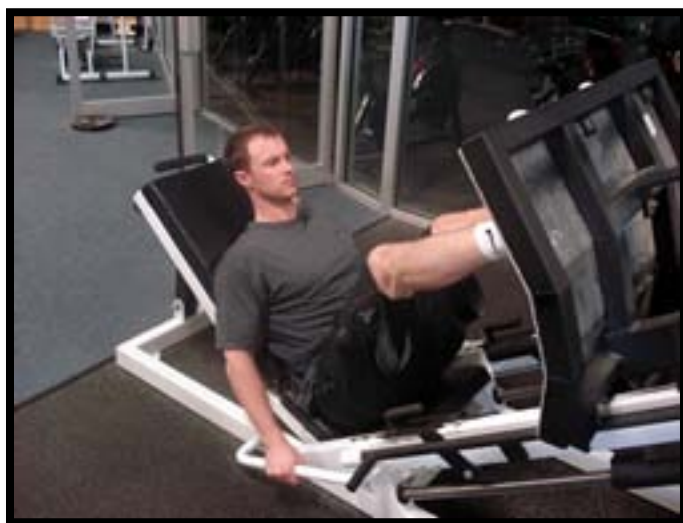
Perform each stretch 5 times for each hand position and each leg.

### Lateral Lunge Stretch



Follow the exact same guidelines as the forward lunge except place your front leg and foot perpendicular to your back leg. Continue to face forward and drive your hips laterally.

### Leg Press



Set your body into a leg press sled. Place your feet approximately hip width apart and start with your legs almost fully extended. Slowly lower the weight until the knees are close to the chest then drive hard through the heels back up to the start. Do not allow your lower back to round and come off the pad as you lower the weight.

### Low Back Extension



Position yourself on a low back machine so your legs are secure and your hips are slightly in front of the pad. Keep your ankles, knees, hips, and shoulders in a straight line. While keeping your shoulder blades back, slowly lower yourself towards the ground until you feel a good stretch in your hamstrings. Push your body back to the starting position.

### Low Back/IT (Band) Stretch



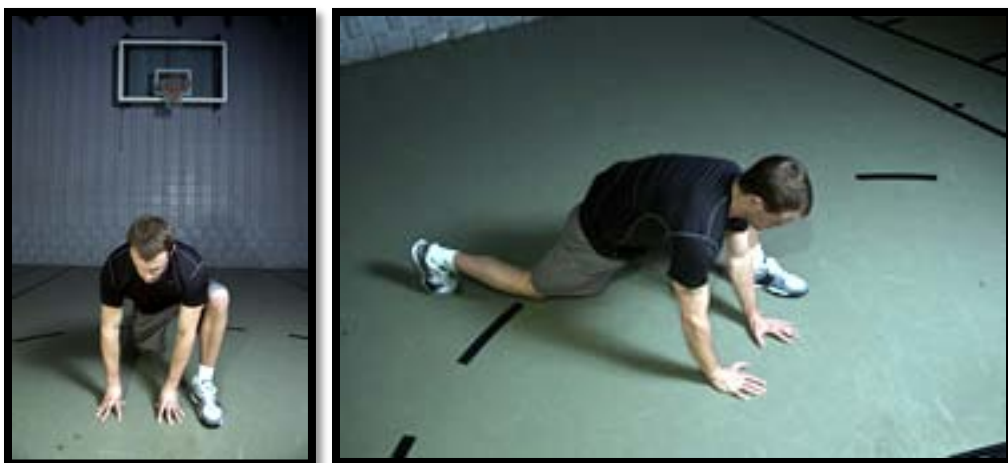
Follow the exact same guidelines as the lateral hamstring stretch, except instead of dropping your leg laterally, cross over and drop it the opposite side. For a more intense stretch, continue to pull your foot towards the top of your head.

### Low Box Drop Landings



Stand on a short sized box (approximately 6-12 inches high). Lightly jump off the box and land in an athletic stance. Make sure to land “chest over knees over feet.” Let your weight dissipate over your entire foot and land “quietly” and “softly.”

### Low Lunge



Step forward with your right leg into a lunge position (ankles, knees, hips and shoulders square to where you are facing and keeping your torso upright). Try and place your right elbow on the ground as close to your right heel as possible. Bring your feet together and repeat with the left side.



### Machine Leg Curl



Lie face down on the leg curl machine in a position where the pad is behind your ankles. Pull your feet towards your backside and pause momentarily. Slowly lower the weight until your legs are straight and repeat.

### Medicine Ball Overhead Side Slams



Stand with an athletic stance holding a med ball straight overhead. Slam the ball towards the ground right outside your left foot. Grab the med ball and repeat the slam to the other side of the body.



### Medicine Ball Overhead Slams



Bring the med ball straight overhead and quickly reverse directions throwing the ball as hard as possible towards the ground. Be careful as the ball may quickly bounce back up towards your head. Grab the med ball and repeat.

### Medicine Ball Side Wall Throws



Stand a few feet from the wall in an athletic stance. Reach the ball to your side and quickly reverse and perform a side throw towards the wall. The ball will bounce back so be ready to catch the ball and perform another repetition.

### Over The Fence



Facing laterally to the direction you are going, raise your right knee up as high as you can and rotate it forward you as if you were trying to step over an imaginary fence. Then do the same thing with the left leg (alternating each leg). Keep your shoulders and torso facing straight ahead.

### Overhead Forward Lunge



Step forward and drop into a lunge position. At the bottom of the lunge, extend your arms overhead. Step forward bringing both feet together and repeat on the other leg.

### Plate Hip Adduction



Assume an athletic stance and place a 25 lb weight plate on the ground inside your left foot. Place your left foot outside and to the left of the plate. Push the weight across your body crossing the right foot. Repeat on the other foot and alternate for the prescribed amount of repetitions.

### Plate Push



Place your hands on top of two paper plates sprint as fast as possible while keeping your hips low.

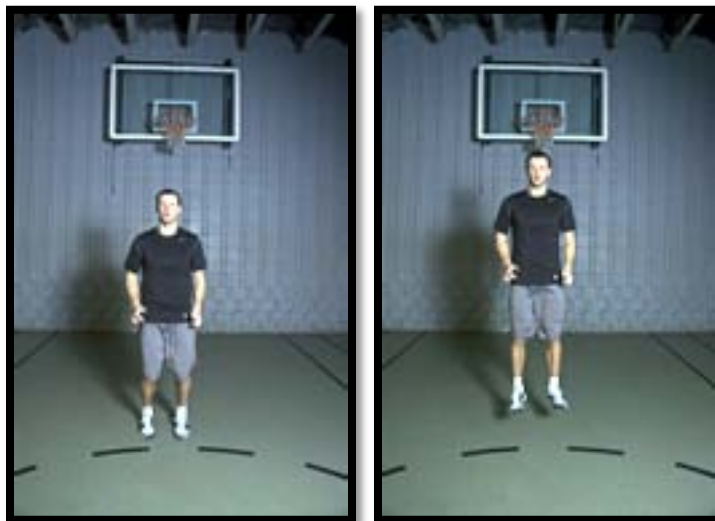
### Plate Push Suicides



(use either the paper plates or weighted plate)

- ➔ Start at the baseline.
- ➔ Sprint to the near free throw and back.
- ➔ Sprint to mid-court and back.
- ➔ Sprint to the far free throw line and back.
- ➔ Sprint to the opposite baseline and back.

### Pogo Jumps



Perform these jumps by using minimal bend in your knees. Explode through your feet and attempt to get as much hang time as possible. Raise your toes towards your knees immediately after each jump.

### Pointers



While walking forward and keeping your right leg straight (left leg bent) and right foot pointed upwards, reach down with your left hand and try to touch your right toe. Next, take a step and repeat with the other side.

### Power Skips



In an exaggerating skipping motion, explode off your left leg jumping into the air as high as possible, raising your right knee and right arm. Land on the left leg then quickly switch feet and repeat the jump on the right foot, raising your left knee and left arm. This jump is identical to shooting a standard lay-up. Perform the prescribed amount of repetitions for each leg.



### Quad Walk



While walking forward, pull your left heel into your backside, then step and do the same thing with your right heel (alternating each leg).

### Reverse Wall-Sit

Assume an athletic stance a few feet from a solid wall. Hold a weight plate (10 lb, 25 lb, or 45 lb depending on the level of the athlete) against the wall with your arms extended and the plate in line with your shoulders. Hold this position for time.

### Shin Grab



While walking forward, grab your ankle and knee and pull towards your chest. Hold for 2 seconds then switch legs.

### Side To Side Lunges



Step laterally to your right with your right leg and assume a side lunge position (ankles, knees, hips, and shoulders facing perpendicular to the direction you are moving and keeping your torso upright). Allow your bodyweight to shift over your right foot. Bring your feet together and repeat. Make sure to do both sides.

### Single Leg Calf Raises



Balance the power pad of your foot on an elevated surface. While holding a dumbbell in one hand, let your heel drop into a deep stretch then push up onto your toes and pause briefly. Lower your heel back down to the starting position and repeat.

### Single Leg Dumbbell (DB) RDL



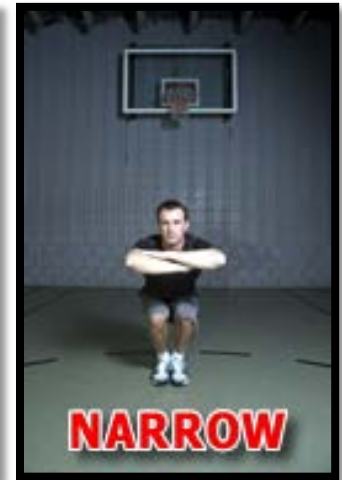
Holding two dumbbells, balance on one leg with a slight bend in your knee. Initiate the movement by lowering your upper towards the ground (letting that hip act as a hinge). Once the dumbbells have reached the middle of your shins, pull your body back up to the starting position. It is important to maintain good upper body posture through the entire range of motion. If the middle of your shins is too deep, then only lower yourself as far as you are able to while maintaining proper posture.

### Split Squat Jumps



Start in a lunge position. Vertically jump straight up and switch your legs in mid-air before the landing. Repeat the jump while switching the leg position each repetition.

### Squat Series



1. **Regular stance:** assume a hip width stance. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.
2. **Staggered stance:** feet are staggered, one foot in front of the other about shoulder width apart.
3. **Wide stance:** feet are double hip width apart.
4. **Narrow stance:** feet are together, ankles touching.

### Stability Ball Hip Circuit



Lie on the side of a stability ball and keep one knee on the ground.

- ➔ **Leg raise:** Raise your top leg up while pointing your toes towards the ground. Return back to the start.
- ➔ **Knee tuck:** Pull your top knee towards your chest and back to the start.
- ➔ **Combo:** Alternate leg raises and knee tucks.

### Stability Ball Iron Bridge Rollout



Balance on a stability ball by placing your hands, wrists and forearms on the ball and only your feet touching the ground. Do not let your torso touch the ball. Keep your ankles, knees, hips, and shoulders in a straight line. Slowly extend your arms out in front of you while maintaining this position. Reach out as far as you feel comfortable and only as far as you can while maintaining good form. Return your arms back to the start and repeat.

### Stability Ball Leg Curl



Start by lying on your back with your feet on the ball (the back of your ankles). Raise your hips into the air while keeping your legs straight. Slowly pull your heels in towards your hips while keeping your hips elevated through the entire range of motion. Return to the starting position and repeat.



### Standing Cable Press



Set up a cable so that it is approximately chest height. Stand in an athletic stance with your feet staggered. Push your hand out and extend your arm away from your chest. Be sure to maintain good posture through the entire movement.

### Standing Cable Row



Set up a cable so that it is approximately chest height. Stand in an athletic stance and pull your hand towards your chest. Return the weight to the starting position and repeat.

### Standing Groin



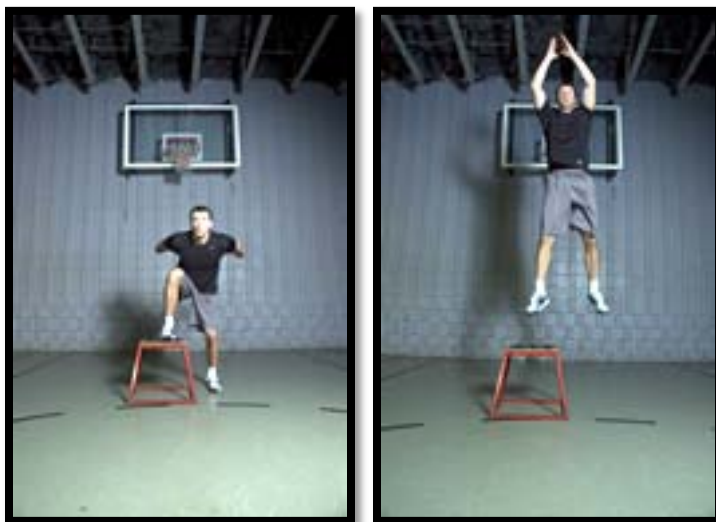
Start by standing in a wide stance. Drop down into a squat position and while at the bottom position, use your elbows to push your knees away from each other. Hold for 2 seconds then stand back up.

### Static Plate Hold



Hold a weight plate (10 lb, 25 lb, or 45 lb depending on the level of the athlete) with your arms fully extended in front of your chest. Hold this position for time.

### Step-Up Jumps



Start with your right foot on a box (approximately knee height). Explode through your right foot, fully extending your leg and jumping as high as possible. Land on the box with the right foot first then the left foot to the ground. Repeat for the prescribed amount of repetitions then switch legs.

### Straight Arm Pulldown



Start by positioning yourself in front of a lat pulldown machine so the bar is above your head. Grab the bar with an overhand grip and a slight bend in your elbows. Drive the bar down towards your hips. Pause briefly at the hips then slowly return the weight back to the start.

**Straight Leg Touch (Also Called 1 Leg Balance And Reach)**

Start by balancing on your right leg. With both hands, slowly reach down toward your right foot while keeping both legs as straight as possible. You should feel a stretch in the right hamstring as you reach down towards your foot. Now step back with the left foot and repeat the stretch.

**Underhand Pulldown**

Start by grabbing the bar with an underhand grip and your arms fully extended. Pull your hands towards your upper chest and pause momentarily. Return the weight under control and repeat.



### Wall Dorsiflexion



Stand with your body against a wall and your feet approximately 12 inches away from the wall. Raise your toes as high as possible pausing momentarily at the top range of motion. Lower your toes until your feet touch the ground and repeat.

### Wall Sit



Lean back against a solid wall and lower your hips until your upper thighs are parallel to the ground. Keep your feet hip width apart and make sure your knees are directly over your ankles. Keep your shoulders and back flat against the wall. Hold this position for time.

### Weighted Plate Push

Wrap a standard 25 lb. Weight plate in a bath towel. Place your hands on top of the plate and sprint as fast as possible while keeping your hips low.