

Phase:

In Season

Athlete Name:

Date:

Day 1

Exercise	Week 1				Week 2				Week 3				Week 4			
	Warm Up	2x				2x				2x				2x		
		70%	75%	80%		75%	80%	85%		80%	85%	90%		60%	65%	70%
Trap Bar Jump	4,3,2				4,3,2				4,3,2				4,3,2			
		75%	80%	85%		80%	85%	90%		82%	88%	92%		65%	70%	75%
Squat	3x3				3x3				3x3				3x3			
Bench	3x3				3x3				3x3				3x3			
DB Row	3x3e				3x3e				3x3e				3x3e			
Single Leg Squat	3x5				3x5				3x5				3x5			
DB Incline Bench	3x8				3x8				3x8				3x8			
Lat Pulldown	3x8e				3x8e				3x8e				3x8e			
Leg Curl	3x8e				3x8e				3x8e				3x8e			
Cool Down	2x				2x				2x				2x			

Day 2

Exercise	Week 1				Week 2				Week 3				Week 4			
	Warm Up	2x				2x				2x				2x		
Box Drop	x10				x10				x10				x10			
Weight Seated Box Jump	3x3				3x3				3x3				3x3			
DB Shoulder Press	3x5				3x5				3x5				3x5			
MB OH Toss	3x3				3x3				3x3				3x3			
MB Slam	3x3				3x3				3x3				3x3			
DB Farmers Walk	3x40y				3x40y				3x40y				3x40y			
Pull Up	3x10				3x10				3x10				3x10			
Push Up	3x10				3x10				3x10				3x10			
Dips	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			