

Phase:
In Season

Athlete Name:

Date:

Day 1

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		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%		70%	75%	80%
Squat	3x3				3x3				3x3				3x3			
DB Row	3x3e				3x3e				3x3e				3x3e			
Single Leg Squat	3x5e				3x5e				3x5e				3x5e			
Lat Pulldown	3x8e				3x8e				3x8e				3x8e			
Cool Down	2x				2x				2x				2x			

Day 2

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up																
Box Drop	x10				x10				x10				x10			
Weight Seated Box Jump	3x3				3x3				3x3				3x3			
		75%	80%	85%		80%	85%	90%		82%	88%	92%		70%	75%	80%
Bench	3x3				3x3				3x3				3x3			
RDL	3x3				3x3				3x3				3x3			
DB Incline Bench	3x5				3x5				3x5				3x5			
Leg Curl	3x8				3x8				3x8				3x8			
Cool Down	2x				2x				2x				2x			

Day 3

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up																
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			
Triceps Choice	3x10				3x10				3x10				3x10			
Biceps Choice	3x10				3x10				3x10				3x10			
Shoulder Raises (L,Y,T)	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 4

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up																
Rack Clean Jump	3x5				3x5				3x5				3x5			
		75%	80%	85%		80%	85%	90%		82%	88%	92%		70%	75%	80%
Trap Bar Deadlift	3x3				3x3				3x3				3x3			
Pull Up	3x5-8				3x5-8				3x5-8				3x5-8			
Dips	3x8				3x8				3x8				3x8			
Single Leg Barbell RDL	3x5e				3x5e				3x5e				3x5e			
Cool Down	2x				2x				2x				2x			

Day 5

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		40%	45%	50%		45%	50%	55%		50%	52%	55%		40%	45%	50%
Trap Bar Jump	3x3				3x3				3x3				3x3			
Push Up	3x10				3x10				3x10				3x10			
MB Slam	3x3				3x3				3x3				3x3			
Inverted Row	3x10				3x10				3x10				3x10			
Overhead MB Toss	3x3				3x3				3x3				3x3			
Triceps Choice	10,8,6				10,8,6				10,8,6				10,8,6			
Biceps Choice	10,8,6				10,8,6				10,8,6				10,8,6			
Cool Down	2x				2x				2x				2x			