Phase:	Athlete Name:	Date:
Summer Base Program		

Day 1 - Heavy Lower

Exercise	Week 1				Week 2				Week 3				Week 4			
Warm Up	2x				2x				2x				2x			
		40%	40%	40%		45%	45%	45%		50%	50%	50%		35%	35%	35%
Trap Bar Jump	3x5				3x5				3x5				3x5			
Box Jump	3x5				3x5				3x5				3x5			
		55%	60%	65%		60%	65%	70%		65%	70%	75%		45%	50%	55%
Squat	3x10				3x10				3x10				3x10			
RDL	3x10				3x10				3x10				3x10			
Hamstring Curls	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 2 - Heavy Upper

Exercise	Week 1				Week 2				Week 3				Week 4			
Warm Up	2x				2x				2x				2x			
		55%	60%	65%		55%	60%	65%		65%	70%	75%		45%	50%	55%
DB Bench	3x10				3x10				3x10				3x10			
		55%	60%	65%		60%	65%	70%		65%	70%	75%		45%	50%	55%
DB Row	3x10e				3x10e				3x10e				3x10e			
Side MB Toss	3x5e				3x5e				3x5e				3x5e			
Triceps Choice	3x10				3x10				3x10				3x10			
Biceps Choice	3x10				3x10				3x10				3x10			
Shoulder Raise (I,Y,T)	3x5e				3x5e				3x5e				3x5e			
Cool Down																

Day 3 - Light Combo

Exercise	Week 1				Week 2				Week 3				Week 4			
Warm Up	2x				2x				2x				2x			
		35%	35%	35%		40%	40%	40%		45%	45%	45%		30%	30%	30%
Trap Bar Jump	3x5				3x5				3x5				3x5			
Box Jump	3x5				3x5				3x5				3x5			
		50%	55%	60%		55%	60%	65%		60%	65%	70%		40%	45%	50%
Squat	3x10				3x10				3x10				3x10			
Incline DB Bench	3x10				3x10				3x10				3x10			
Side MB Toss	3x5e				3x5e				3x5e				3x5e			
DB Row	3x10e				3x10e				3x10e				3x10e			
RDL	3x10				3x10				3x10				3x10			
Triceps & Biceps	3x10e				3x10e				3x10e				3x10e			
Cool Down																