

STRENGTH AND CONDITIONING PROGRAM

BUILD PHASE

Tuesdays		Thursdays		1 practice day of the week		Fridays				
Arms & core		Legs & core		Total Body Conditioning		Plyometrics				
Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets			
Pull-Ups	6-8	3	1			Box jumps	15	2		
Basketball Push-ups (Switch each)	12	3	2	Single leg squat to box/bench planks	10-12 45"	3 3	squat jumps for height (Two hands on ba	15	3	
Incline Bench Press	10-12	3	1			drop to 20 push ups	Calf raises	15	3	
Lawn mowers - use same weight as DB bench press (each arm)	10-12	3	2	4 way lunge to press matrix - increase DB weight	6	3	flip to 20 toe touches	Single leg hop over line	Full court	3
				Russian Twists	20	3	stand to 20 body squats	Burnouts	100	3
							full court sprint, backpedal, sprint	Defensive Slides with Bands	full court	3
Upright row to Push Press	10-12	3	1	DB Squat to Press	10-12	3	drop to 15 push ups	wall sits w/ med ball outstretched - hold med ball in front of shoulders	45'	3
Bent-Over Row	12	3	2	Farmer's Walk with Dead Lifts (10 steps)	10	3	flip to 15 toe touches			
							stand to 15 body squats	DB Squat to Press	10-12	3
L shoulder raises (each arm)	10	3	1	Glute Bridge Walk outs with Weight	8	3	drop to 10 push ups	Second Jumps	12	3
Farmer's Walk with 10 steps/shrugs	10	3	2	SL RDLs w/ weight - DB held in place of Bball	8	3	flip to 10 toe touches			
Hold Curls	12	3	1				stand to 10 body squats			
Lunged Hammer Curls	16	3	2	Squats	10-12	3	full court sprint			
				wall sits w/ med ball outstretched - hold med ball in front of shoulders	45'	3	drop to 5 push ups			
Med ball Windmills - each direction	10	3					flip to 5 toe touches			
Resistance Band Pull-Down (Or rope)	10-12	3		Sumo squats - DB at chin	10-12	3	stand to 5 body squats			
				Defensive Slides with Bands	45"	3				
<b>Notes</b>	<b>Focus Areas:</b>		<b>Notes</b>				<b>The Battlefield x 7</b>			
	Chest/Tri: 4							emphasize explosion on jumps		
	Back: 2							arm swings!		
	Shoulders: 3							explode through the hips		
	Biceps: 2							time on ground between reps = minimal		
								rest as much as needed! Maximal effort!		
								total workout time: 30 mins		
								18" plyo box		
								cones		