



Basketball Winter Break 2011



| | | Week 1 | Week 2 | Week 3 | Week 4 |
|--------------|---|---|---|---|--------|
| DAY 1 | Warmup- Complex # 1 | Warmup- Complex # 3 | Warmup- Complex # 2 | Warmup- Complex # 1 | |
| | Tall Box Hop Up to Down to Depth Jump (10,9,8,7) | Tall Box Hop Up to Down to Broad Jump (10,9,8,7) | Tall Box Side Hop Up to Down to Side Jump R/S (6,5,4,3) | "Helen " | |
| | Clap/Touch Chest Pushup (20,18,16,14,12) | Ft on Bench Clap Push Up- (10,9,8,7,6) | MB Explosive Pushup- (20,18,16,14) | Side Shuffle Speed Work x 4 | |
| | Single Leg Box Hop Up R/S- (8,7,6,5) | Single Side Box Hop Up R/S- (8,7,6,5) | Single Leg Box Hop Down to Single Leg Jump R/S (5,4,3) | Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats | |
| | Cable Speed Lawnmower Pulls R/S (65,75,70,82.5,75%) | Cable Alt Lawnmower Pulls R/S- (65,75,70,82.5,75%) | Plank DB Row R/S (65,75,70,82.5,75%) | | |
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| | Stretch- Roll Calves/IT Band | Stretch- Roll Piriformis, Quad | Stretch- Ball Calves, Tri Plane Ham/Quad | | |
| DAY 2 | Warmup- Complex # 4 | Warmup- Complex # 5 | Warmup- Complex # 6 | Warmup- Complex # 5 | |
| | DB Hang Clean- (75,82.5,80,85,82.5%) | Hang Clean- (80,85,82.5,87,85%) | Power Clean- (80,85,82.5,87,85%) | Pillar Circuit #1- 4x15 or 45s | |
| | Under Hand Pulls Ups AMAP- (30s x4) | Over Hand Pull Ups AMAP- (30s x4) | Kipping Pullups- 30s x 4) | Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down | |
| | DB Split Jump Lunges- (65,75,70,80,75%) | DB Shoulder Height Split Jump Lunges- (65,75,70,80,75%) | Bar Split Jump Lunges- (65,75,70,80,75%) | | |
| | SB Switch Alt DB Chest Press R/S- (75,82.5,80,85,82.5%) | SB Speed Chest Press- (85x8%) | SB Complex DB Press- (80,85,82.5,87,85%) | | |
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| | Stretch- Ball Chest/Lats, Rotator Cuff | Stretch- Strap Shoulder, Back Flex/Ext | Stretch- Child Pose/Up Dog, Thread Needle | | |
| DAY 3 | Warmup- Complex # 2 | Warmup- Complex # 1 | Warmup- Complex # 3 | Warmup- Complex # 2 | |
| | DB Deadlift- (65,75,70,80,75%) | Deadlift- (65,75,70,80,75%) | Deadlift- (85x8%) | "Karen" | |
| | 1 DB Bench BOR R/S- (75,82.5,80,85,82.5%) | 1 DB Split Stance BOR R/S- (75,82.5,80,85,82.5%) | 1 DB Bench Balance BOR R/S- (75,82.5,80,85,82.5%) | Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band | |
| | DB Front Squat- (75,82.5,80,85,82.5%) | Box Front Squat- (75,82.5,80,85,82.5%) | Front Squat- (75,82.5,80,85,82.5%) | | |
| | Bench Press- (80,85,82.5,87,85%) | DB Bench Press- (80,85,82.5,87,85%) | Incline Bench Press- (80,85,82.5,87,85%) | | |
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| | Stretch- Strap Quad/Hamstring | Stretch- IT Band/Groin (Frog) | Stretch- Strap Away/Across Hip | | |