

# MVB SUMMER I

## Day 1

### Summer I

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	<b>DB Goblet Squat</b> Increase weight each week  Pair with below:	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
			4		x 6		x 6		x 6		x 6
2	#N/A	<b>Box Jump</b> Increase height each week	1		x 5		x 5		x 5		x 5
			2		x 5		x 5		x 5		x 5
			3		x 5		x 5		x 5		x 5
			4		x 5		x 5		x 5		x 5
3	#N/A	<b>Low Incline Alt DB Bench</b> Hold at the top Increase weight each week Pair with below:	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
			4		x 6		x 6		x 6		x 6
4	#N/A	<b>Chin Ups</b> WEIGHTED Pair with: Wall Slides x 10	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
			4		x 6		x 6		x 6		x 6
5	#N/A	<b>DB SLDL</b> Reps=each leg Increase weight each week Pair with below:	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
			4		x 6		x 6		x 6		x 6
6	#N/A	<b>Side Plank Row</b> Pair with: Side Lying External Rotations x 10e	1		x 10		x 10		x 10		x 10
			2		x 10		x 10		x 10		x 10
			3		x 10		x 10		x 10		x 10
			4		x 10		x 10		x 10		x 10

## Day 2

### Summer I

Order	Max	Exercise	Set	Week 1		Week 2		Week 3		Week 4	
				wt	x reps	wt	x reps	wt	x reps	wt	x reps
<b>BB COMPLEX</b>											
<b>RDL + ROW + CLEAN PULL + MUSCLE CLEAN + PUSH PRESS X 3EA X 2 SETS</b>											
1	#N/A	<b>DB RDL</b>	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
2	#N/A	<b>SL Hurdle Hop</b>	1		x 3		x 4		x 5		x 6
			2		x 3		x 4		x 5		x 6
			3		x 3		x 4		x 5		x 6
3	#N/A	<b>FE Push Up</b>	1		x 8		x 10		x 12		x 15
			2		x 8		x 10		x 12		x 15
			3		x 8		x 10		x 12		x 15
4	#N/A	<b>Inverted Row</b> Use weight if needed AMAP = BW AMAP	1		x 6		x 8		x 8		x 8
			2		x 6		x 6		x 8		x 8
			3		x 6		x 6		x 6		x 8
			4		x AMAP		x AMAP		x AMAP		x AMAP
5	#N/A	<b>SL Box Squat</b> Pair with: Side Lying Extension Rotation/Int-Ext x 6e	1		x 6		x 6		x 6		x 6
			2		x 6		x 6		x 6		x 6
			3		x 6		x 6		x 6		x 6
			4		x 6		x 6		x 6		x 6
6	#N/A	<b>Anti Rotation Walk Outs</b> 4reps x 2 sets x 3 steps facing each direction Pair with below:	1		x 4x2x3		x 4x2x3		x 4x2x3		x 4x2x3
			2		x 4x2x3		x 4x2x3		x 4x2x3		x 4x2x3
			3		x 4x2x3		x 4x2x3		x 4x2x3		x 4x2x3
7	#N/A	<b>Face Pulls</b> Pair with: Side lying Sleeper Stretch x 5ea	1		x 10		x 10		x 10		x 10
			2		x 10		x 10		x 10		x 10
			3		x 10		x 10		x 10		x 10

# MVB SUMMER I

## Day 3

### STR Phase I

20-Jun

27-Jun

4-Jul

11-Jul

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	SB SA OR DB Swings PAIR WITH STABILITY BALL KNEE TUCK TO DONKEY KICK	1		x 3		x 3		x 3		x 3
			2		x 3		x 3		x 3		x 3
			3		x 3		x 3		x 3		x 3
2	#N/A	Trap Bar Deadlift	1		x 5		x 3		x 5		x 5
			2		x 5		x 3		x 5		x 4
			3		x 5		x 3		x 5		x 3
			4		x 5+		x 3+		x 5		x 1+
3	#N/A	Lateral Bounds After sets 2 - 3 - & 4	1		x 5		x 4		x 3		x 2
			2		x 5		x 4		x 3		x 2
			3		x 5		x 4		x 3		x 2
4	#N/A	Goblet RFESS RFESS=REAR FOOT ELEVATED SPLIT SQUAT	1		x 10		x 8		x 8		x 6
			2		x 8		x 6		x 8		x 5
			3		x 6		x 4		x 8		x 4
			4		x 12+		x 10+		x 8		x 8+
5	#N/A	Foot Elevated Ring Rows SUBSTITUTE = BB INVERTED ROW REPS = EACH LEG	1		x 4		x 5		x 6		x 8
			2		x 4		x 5		x 6		x 8
			3		x 4		x 5		x 6		x 8
			4		x 4		x 5		x 6		x 8