

# UCSD Wcrew

## Day 1

Dynamic Warm-Up

Shoulder Stability

Glute Act/Strength

ankle mob, t-spine

blackburns, w-press,etc

bridging, abduction, etc

5-Apr

12-Apr

19-Apr

26-Apr

Order	Max	Exercise	Set	Week 1 wt		Week 1 reps		Week 2 wt		Week 2 reps		Week 3 wt		Week 3 reps		Week 4 wt		Week 4 reps					
				x		x		x		x		x		x		x		x					
1	#N/A	<b>Jumping Lunge</b> From Lunge Jump and Switch Legs	1		x	5e				x	5e				x	8e				x	4		
			2		x	5e				x	5e				x	8e				x	4		
			3		x	5e				x	5e				x	8e					x		
			4		x					x	5e				x						x		
			5		x					x					x								
			6							x					x								
2	#N/A	<b>DB RDL (Both Legs)</b> Hips Back, Back Flat	1			x	8				x	8				x	10				x	8	
			2			x	8				x	8				x	10				x	8	
			3			x	8				x	8				x	10						
			4								x	8				x							
3	#N/A	<b>Inverted Row (Feet on Bench)</b>	1			x	5				x	6				x	6					x	6
			2			x	5				x	6				x	6					x	6
			3			x	5				x	6				x	6						
			4								x					x	6						
4	#N/A	<b>DB Curl to Press</b> Curl, Press Overhead	1			x	8				x	6				x	5					x	8
			2			x	8				x	6				x	5					x	8
			3			x	8				x	6				x	5						
5	#N/A	<b>Band Anti Rotation</b> Keep Hips Squared	1			x	12				x	15				x	18					x	15
			2			x	12				x	15				x	18					x	15
			3			x	12				x	15				x	18						

## Day 2

Dynamic Warm-Up

Shoulder Stability

Glute Act/Strength

ankle mob, t-spine

blackburns, w-press,etc

bridging, abduction, etc

Order	Max	Exercise	Set	Week 1 wt		Week 1 reps		Week 2 wt		Week 2 reps		Week 3 wt		Week 3 reps		Week 4 wt		Week 4 reps					
				x		x		x		x		x		x		x		x					
1	#N/A	<b>DB Squat Jump</b> DB Both Hands, hold at side. Control Landing	1			x	5				x	5				x	6				x	5	
			2			x	5				x	5				x	6				x	5	
			3			x	5				x	5				x	6						
			4								x	5				x	6						
2	#N/A	<b>Lat Pull Down</b>	1			x	8				x	6				x	8					x	6
			2			x	8				x	6				x	8					x	6
			3			x	8				x	6				x	8						
			4								x	6				x	8						
3	#N/A	<b>BB Bench Press</b>	1			x	8				x	6				x	8					x	6
			2			x	8				x	6				x	8					x	6
			3			x	8				x	6				x	8					x	6
			4								x	6				x	8						
			5																				
			6																				
4	#N/A	<b>Band Pull Aparts</b> Squeeze Shoulders together Hold for 2sec	1			x	10				x	12				x	10					x	10
			2			x	10				x	12				x	10					x	10
			3			x	10				x	12				x	10						
5	#N/A	<b>Flutter Kicks</b>	1			x	15				x	20				x	25					x	50
			2			x	15				x	20				x	25						
			3			x	15				x	20				x	25						