

BSB SUMMER WORKOUT PHASE I

Day 1

Dynamic Warm-Up

SEE BSB SUMMER HOME DYNAMIC WARM-UP SHEET

Shoulder Stability/CORE

SEE BSB SUMMER HOME CORE/EXTRA WORK SHEET

Glute Activation/Strength

SEE BSB SUMMER HOME CORE/EXTRA WORK SHEET

Conditioning

SEE WORKOUT CALENDAR & SPEED WORKOUT SHEET

Order	Max	Exercise
1	#N/A	Clean Complex # = % of Bodyweight
2	#N/A	Hang Clean Warm up sets GET HEAVIER EACH WEEK

Set	21-Jun		28-Jun		5-Jul	
	Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps
1	20	x 5ea	25	x 5ea	30	x 5ea
2	20	x 5ea	25	x 5ea	30	x 5ea
1		x 3		x 4		x 5
2		x 3		x 4		x 5
3		x 3		x 4		x 5
4		x 3		x 4		x 5
5		x 3		x 4		x 5
6		x 3		x 4		x 5
7		x 3		x 4		x 5
8		x 3		x 4		x 5
1		x 5		x 5		x 5
2		x 5		x 5		x 5
3		x 5		x 5		x 5
1		x 5ea		x 6ea		x 7ea
2		x 5ea		x 6ea		x 7ea
3		x 5ea		x 6ea		x 7ea
4		x 5ea		x 6ea		x 7ea
5		x 5ea		x 6ea		x 7ea
1		x 8ea		x 9ea		x 10ea
2		x 8ea		x 9ea		x 10ea
3		x 8ea		x 9ea		x 10ea
4		x 8ea		x 9ea		x 10ea
1		x 8ea		x 9ea		x 10ea
2		x 8ea		x 9ea		x 10ea
3		x 8ea		x 9ea		x 10ea
1		x MAX		x MAX		x MAX
2		x MAX		x MAX		x MAX

3	#N/A	Hang Clean Pulls FAST & EXPLOSIVE - +10KG OF CLEANS PAIR WITH BELOW
4	#N/A	Split Squat

5	#N/A	DB SA Bench Press SA = SINGLE ARM EXPLODE DB UP PAIR WITH BELOW
6	#N/A	DB SL RDL SL = SINGLE LEG/ DB = DUMBBELL PAIR WITH BELOW
7	#N/A	Clap Pushups Pop off ground

Day 2

Dynamic Warm-Up

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Shoulder Stability/CORE

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Glute Activation/Strength

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Conditioning

MB TEMPO=RUN 60YARDS + 10 MB THROWS (YOUR CHOICE) X 10 REPS

Order	Max	Exercise
1	#N/A	Plate Circuit See bottom of page for description

Set	Week 1 wt		Week 2 wt		Week 3 wt	
	x	Week 1 reps	x	Week 2 reps	x	Week 3 reps
1	x	10ea	x	10ea	x	10ea
2	x	10ea	x	10ea	x	10ea
1		x 5		x 6		x 7
2		x 5		x 6		x 7
3		x 5		x 6		x 7
4		x 5		x 6		x 7
5		x 5		x 6		x 7
1		x 10		x 12		x 15
2		x 10		x 12		x 15
3		x 10		x 12		x 15
4		x 10		x 12		x 15
5		x 10		x 12		x 15
1		x 10		x 11		x 12
2		x 10		x 11		x 12
3		x 10		x 11		x 12
4		x 10		x 11		x 12
1		x 5ea		x 6ea		x 7ea
2		x 5ea		x 6ea		x 7ea
3		x 5ea		x 6ea		x 7ea

2	#N/A	DB Pusk Jerk Pair with Below Get heavier each week
3	#N/A	DB Walking Lunges 10 = 10 steps each leg

4	#N/A	Jumping Chin-Ups Pair with Below
5	#N/A	Lateral Bounds Pair with DB SA Row: 3x8wk1/3x10wk2/3x12wk3

BSB SUMMER WORKOUT PHASE I

Day 3

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 SEE WORKOUT CALENDAR & SPEED WORKOUT SHEET

Order	Max	Exercise	Set	21-Jun		28-Jun		5-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps
1	#N/A	DB Snatch Complex Pull=High Pull-Snatch-Push Press-Split Jerk	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
2	#N/A	2 DB Snatch Hang to the knees, finish above head Pair with Below	1		x 5		x 6		x 7
			2		x 5		x 6		x 7
			3		x 5		x 6		x 7
			4		x 5		x 6		x 7
			5		x 5		x 6		x 7
3	#N/A	DB RFESS RFESS= Rear Foot Elevated Split Squat AKA= Bulgarian Split Squat	1		x 5ea		x 6ea		x 7ea
			2		x 5ea		x 6ea		x 7ea
			3		x 5ea		x 6ea		x 7ea
			4		x 5ea		x 6ea		x 7ea
			5		x 5ea		x 6ea		x 7ea
4	#N/A	DB SA Incline Bench Pair with Below	1		x 6ea		x 7ea		x 8ea
			2		x 6ea		x 7ea		x 8ea
			3		x 6ea		x 7ea		x 8ea
			4		x 6ea		x 7ea		x 8ea
5	#N/A	Back Ext	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
			4		x 10		x 12		x 15
6	#N/A	DB Pushup Pair with Below	1		x MAX		x MAX		x MAX
			2		x MAX		x MAX		x MAX
7	#N/A	Kneeling MB Chest Pass	1		8# x 10		10# x 10		12# x 10
			2		x 10		x 10		x 10

Day 4

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MB TEMPO=RUN 60YARDS + 10 MB THROWS (YOUR CHOICE) X 10 REPS

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	x reps	wt	x reps	wt	x reps
1	#N/A	Bodyweight Circuit BW Squats/Pull-ups/Tuck Jumps/Inverted Rows REPS = 20+20+20+20 Perform as many sets as possible for time Record # of sets achieved	1		x 10min		x 12min		x 15min
			2						
			3						
			4						
			5						
2	#N/A	SB Leg Curls SB = Stability Ball	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
3	#N/A	MB Tempo See Conditioning	1		x 1		x 1		x 1