

WBB SUMMER IA

Day 1

Dynamic Warm-Up Jumping Jacks x 25, EZ-Skips, High Knees, Butt Kicks, Knee Hugs, St. Leg toe touch, Sumo Squat Lunge, Frankensteins, C-Skips, Hurdle Skips, Power Skips

Shoulder Stability Scapular pushups 3 x 20

Glute Act/Strength Band Abduction Hip Bridge 2x15

21-Jun

28-Jun

5-Jul

Order	Max	Exercise	Set	21-Jun		28-Jun		5-Jul		FINISHER!
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	
1	#N/A	Deadlift	1	x 5		x 5		x 5		1. MB Circuit Slam Downs x 10 Throws for Height x 10 Jump & Press x 10 Chest Pass x 10 Side Facing Toss x 10ea Alt Side Toss x 10ea MB Burpee Press x 10 OH Toss x 10
			2		x 5		x 5		x 5	
			3		x 5		x 5		x 5	
			4		x 5		x 5		x 5	
			5		x 5		x 5		x 5	
			6		x 5		x 5		x 5+	
2	#N/A	Hang Clean Pair with Core: Plank Series Prone x 45sec, R x 45sec L x 45sec, Supine x 45sec	1		x 5		x 5		x 5	
			2		x 5		x 5		x 5	
			3		x 5		x 5		x 5	
			4		x 5		x 5		x 5	
			5		x 5		x 5		x 5	
			6		x 5		x 5		x 5+	
3	#N/A	DB SL RDL Pair with Below	1		x 10ea		x 9ea		x 8ea	
			2		x 10ea		x 9ea		x 8ea	
			3		x 10ea		x 9ea		x 8ea	
			4		x ea		x 9ea		x 8ea	
4	#N/A	SA DB Row	1		x 10ea		x 9ea		x 8ea	
			2		x 10ea		x 9ea		x 8ea	
			3		x 10ea		x 9ea		x 8ea	
			4		x 10ea		x 9ea		x 8ea	

Day 2

Dynamic Warm-Up Hurdle Mobility & Speed Ladder

Shoulder Stability Blackburn Shoulders 3 x 15

Glute Act/Strength Donkey Kicks 2 x 10ea, Fire Hydrants 2 x 10ea

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	x reps	wt	x reps	wt	x reps
1	#N/A	Push Jerk Pair with Core: Band Anti-Rotation (Squat Stance) x 30sec each	1		x 5		x 5		x 5
			2		x 5		x 5		x 5
			3		x 5		x 5		x 5
			4		x 5		x 5		x 5
			5		x 5		x 5		x 5
			6		x 5		x 5		x 5+
2	#N/A	Bench Press Pair With Jump Progression 1A Linear	1		x 5		x 5		x 5
			2		x 5		x 5		x 5
			3		x 5		x 5		x 5
			4		x 5		x 5		x 5
			5		x 5		x 5		x 5
			6		x 5		x 5		x 5+
3	#N/A	SA DB Incline Bench Pair with Below Add weight each week	1		x 10ea		x 9ea		x 8ea
			2		x 10ea		x 9ea		x 8ea
			3		x 10ea		x 9ea		x 8ea
			4		x 10ea		x 9ea		x 8ea
4	#N/A	Chin-ups Add weight if necessary	1		x 10		x 8		x Max
			2		x 10		x 8		x Max
			3		x 10		x 8		x Max
			4		x Max		x Max		x Max

Jump/Arm Swing Technique 1A:

1. Arm Drive Back to Stick at bottom
2. Swing x 3 to Drive back to stick at bottom
3. Arm drive back to stick to Jump to Stick
4. Swing x 3 to Drive back to stick to Jump to stick

WBB SUMMER 1A

Day 3

Dynamic Warm-Up Jump Rope 5 Min. & Sprint Mechanics: Wall Posture, Wall High Knees, Troop Hops, Stationary A-Skips

Shoulder Stability I's, Y's, T's, W's x 10 ea

Glute Act/Strength Prone: St. Leg ABD 2 x 10, St. Leg Raise 2 x 10

Order	Max	Exercise	Set	5-Apr		12-Apr		19-Apr		FINISHER!
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	
1	#N/A	Back Squat	1	x 5		x 5		x 5		1. Plate Circuit Plate Curls x 10 Plate Shrugs x 10 Plate Upright Row x 10 Plate Standing Chest Punch x 10 Plate Shoulder Press x 10 Plate Tricep Ext x 10
			2	x 5		x 5		x 5		
			3	x 5		x 5		x 5		
			4	x 5		x 5		x 5		
			5	x 5		x 5		x 5		
			6	x 5		x 5		x 5+		
2	#N/A	Hang Snatch Pair With Powerwheel: Rollout x10, R Side Rollout x10, L Side Rollout x10, Tucks x10, Pikes x10	1	x 5		x 5		x 5		
			2	x 5		x 5		x 5		
			3	x 5		x 5		x 5		
			4	x 5		x 5		x 5		
			5	x 5		x 5		x 5		
			6	x 5		x 5		x 5+		
3	#N/A	SL Pickup	1	x 10ea		x 9ea		x 8ea		
			2	x 10ea		x 9ea		x 8ea		
			3	x 10ea		x 9ea		x 8ea		
			4	x 10ea		x 9ea		x 8ea		
4	#N/A	MB Adduction Bridge	1	x 10		x 10		x 10		
			2	x 10		x 10		x 10		
			3	x 10		x 10		x 10		
			4	x 10		x 10		x 10		

Day 4

Dynamic Warm-Up Agility Ladder: High Knees: 1ft, 2 ft, In-Out, Icky Shuffle, Lateral In-Out R, Lateral In-Out L, Hip Mobility: Rockers: V-Sits, Knee Hugs, Figure-4, St. Leg Pull

Shoulder Stability Inverted Scapular Retractions 3 x 20

Glute Act/Strength Quad Hip Circles x 10ea/Standing Wall Hip Circles x 10ea

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#N/A	Jump Squat Pair With Jump Progression 1A Lateral	1	x 5		x 5		x 5	
			2	x 5		x 5		x 5	
			3	x 5		x 5		x 5	
			4	x 5		x 5		x 5	
			5	x 5		x 5		x 5	
			6	x 5		x 5		x 5+	
2	#N/A	Inverted Row Pair With GH Back Extension Holds x 30sec	1	x 10		x 9		x 8	
			2	x 10		x 9		x 8	
			3	x 10		x 9		x 8	
			4	x 10		x 9		x 8	
3	#N/A	Hammer Curl Pair With Below	1	x 10ea		x 10ea		x 10ea	
			2	x 10ea		x 10ea		x 10ea	
			3	x 10ea		x 10ea		x 10ea	
			4	x 10ea		x 10ea		x 10ea	
4	#N/A	Dips	1	x 10		x 10		x 10	
			2	x 10		x 10		x 10	
			3	x 10		x 10		x 10	
			4	x 10		x 10		x 10	

Lateral Jump Progression 1A

1. Lateral Box Course to Vertec Jump
2. Lateral Line Hops
3. Lateral Mini Hurdle Hops

PLEASE SEE SUMMER CONDITIONING SHEET FOR ADDITIONAL SPRINTS/ACCELERATION WORK