

WOMEN'S WATER POLO II

Day 1

Dynamic Warm Up Stairs: Rockers, Figure 4, Hamstring Pulls, Hurdle Stretch, Pushbacks, 90/90, Spiderman, Split Squat Pull Back

Shoulder Stability Plate Catches 2 x 15, OH Mini Band Pull Aparts 2 x :30 sec

Glute Act/Strength Red X-Band Walks - 2 Trips Down and Back

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Clean Complex RDL, Pull, High Pull, Clean, Front Squat		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	Hang Clean Get Heavier each set each week	1		x 2			x 2			x 2	
			2		x 2			x 2			x 2	
			3		x 2			x 2			x 2	
		Pair with Core:	4		x 2			x 2			x 2	
		MB Core:	5		x 2			x 2			x 2	
		MB OH Stabilization throws	6		x 2			x 2			x 2	
		MB Grasshopper/Mtn climber										
2	#N/A	Back Squat Light/Heavy	1		x 5			x 5			x 5	
			2		x 3			x 3			x 3	
			3		x 2			x 2			x 2	
			4		x 5			x 5			x 5	
			5		x 2			x 2			x 2	
			6		x 5			x 5			x 5+	
3	#N/A	Vertical Split Jump Countermovement - Jump - Stick	1		x 6			x 6			x 6	
4	#N/A	SL Back Ext Pair w/ Below	1		x 8			x 9			x 10	
			2		x 8			x 9			x 10	
			3		x 8			x 9			x 10	
5	#N/A	DB Bent Over Row	1		x 8			x 7			x 6	
			2		x 8			x 7			x 6	
			3		x 8			x 7			x 6	

Day 2

Dynamic Warm-Up Jump Rope 3:00 min

Glute Strength Foot On MB Hip Flexor Stretch 2 x :30 sec ea, SL Hip Bridge w/ Foot on Bench 2 x 8 each

Shoulder Stability Partner Manual Holds: Arms Abducted, Parallel, Adducted 2 x :20 sec each

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Jerk Complex Shoulder Press, Push Press, Push Jerk, Split Jerk		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	Push Jerk Pair with Core: Weighted SB Crunches x 50 (10ea set) Or Plank variations: walkups, walkouts, RKC	1		x 3			x 3			x 3	
			2		x 3			x 3			x 3	
			3		x 3			x 3			x 3	
			4		x 3			x 3			x 3	
			5		x 3			x 3			x 3	
2	#N/A	Rack Deadlift Pair with below	1		x 2			x 2			x 2	
			2		x 2			x 2			x 2	
			3		x 2			x 2			x 2	
			4		x 2			x 2			x 3	
			5		x 2			x 2			x 2	
3		One Step Vertical Jump Countermovement - Jump - Stick	1		x 4ea			x 4ea			x 4ea	
4	#N/A	SL SB Leg Curl Pair w/ Below	1		x 8e			x 9e			x 10e	
			2		x 8e			x 9e			x 10e	
			3		x 8e			x 9e			x 10e	
5	#N/A	DB Pushups Hands on DB's	1		x 8			x 9			x 10	
			2		x 8			x 9			x 10	
			3		x 8			x 9			x 10	

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Day 3

Dynamic Warm Up Jogging, Plate Warm Up: Lateral Squat, OH Squat, Good Morning, SL RDL, Plate Circles x 10 each

Shoulder Stability Green Band Internal/External Rotation x 20 each, Arm Adducted Internal/External Rotation x 20 each

Glute Act/Strength SL Mini Hurdle Hops 2 x 8 hurdles each R/L STICK THE LANDING!!

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		CG Snatch Complex RDL, Bent Over Row, Pull, High Pull, CG Snatch		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	CG Snatch Get Heavier each set each week Pair with Core: Partner Pushups/Pedestal/Anti-Rotation	1		x	2		x	2		x	2
			2		x	2		x	2		x	2
			3		x	2		x	2		x	2
			4		x	2		x	2		x	2
			5		x	2		x	2		x	2
			6		x	2		x	2		x	2
2	#N/A	Front Squat Light/heavy Pair with jump below	1		x	5		x	5		x	5
			2		x	3		x	3		x	3
			3		x	2		x	2		x	2
			4		x	5		x	5		x	5
			5		x	2		x	2		x	2
			6		x	5		x	5		x	5+
3	#N/A	Static Tuck Jump Countermovement - hold - Jump - Stick	1		x	6		x	6		x	6
4		SL DB RDL One DB Pair w/ Below	1		x	10		x	10		x	10
			2		x	10		x	10		x	10
			3		x	10		x	10		x	10
5		Inverted Row	1		x	6		x	7		x	8
			2		x	6		x	7		x	8
			3		x	6		x	7		x	8

