

WBB SUMMER 1B

Day 1

Dynamic Warm-Up Stairs: Run Up, Skip 1, Skip 2, 2ft Hop every stair, 2ft Hop skip a stair + Hip Mobility

Shoulder Stability Incline I's, Y's, T's, W's

Glute Act/Strength Prone Donkey Kicks x10, Heel Lift x10 x2 Sets

Order	Max	Exercise	Set	12-Jul		19-Jul		26-Jul		FINISHER!
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	
1	#REF!	Deadlift	1	x 3		x 3		x 3		1. Body Weight Circuit Burpee Chin - ups x 5 Lateral Bounds x 10 ea Plyo Push Ups x 6 Line Hops x 50 ea (R/L, F/B) x 2 Rounds
			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+		
			6	x 3						
2	#REF!	Hang Clean Pair with Pedistal Anti-Rotation: Arm Up x 10, Arm Out x 10, Heel Up x 10	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+		
			6	x 3						
3	#REF!	Bulgarian Split Squat Pair with Below	1	x 8ea		x 7ea		x 6ea		
			2	x 8ea		x 7ea		x 6ea		
			3	x 8ea		x 7ea		x 6ea		
			4	x 8ea		x 7ea		x 6ea		
4	#REF!	SL Calf Raise	1	x 10ea		x 10ea		x 8ea		
			2	x 10ea		x 10ea		x 8ea		
			3	x 10ea		x 8ea		x 8ea		
			4	x 10ea		x 8ea		x 8ea		

Day 2

Dynamic Warm-Up 8 Mini Hurdles: High Knees, Lateral R/L, Bunny Hops, SL Bunny Hops R/L, Weaving Lateral, Weaving Forward Backpedal x 3 each drill

Shoulder Stability Stick Mobility: Over & Back x 10, Around the World x 10ea, Twists x 10ea

Glute Act/Strength MB Reverse Hyper x10 x2 Sets

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#REF!	Push Jerk Pair with Core: Band Anti-Rotation (Squat Stance) x 30sec each	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+	
			6	x 3					
2	#REF!	Bench Press Pair With Jump Progression 1B Linear	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	
			6	x 3				x 3+	
3	#REF!	Alt. DB Incline Bench Add Weight Each Week Pair With Below	1	x 8ea		x 7ea		x 6ea	
			2	x 8ea		x 7ea		x 6ea	
			3	x 8ea		x 7ea		x 6ea	
			4	x 8ea		x 7ea		x 6ea	
4	#REF!	Pullups Add weight if necessary	1	x 8		x 7		x Max	
			2	x 8		x 7		x Max	
			3	x 8		x 7		x Max	
			4	x Max		x Max		x Max	

Vert Jump Progression 1B:

- Static Box Jump to Box
- Rocking Box jump to box
- Static Jump to vertec stick landing
- Rocking Jump to vertec stick landing
- Static vert to broad
- Static broad to vert
- Rocking vert to broad
- Rocking broad to vert

Lateral Jump Progression 1B:

- Lateral Bound to stick
- Lateral Bounds
- Diagonal Bounds

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Day 3

Dynamic Warm-Up Toe walk, Heel walk, Lunge & Twist, Hip & Hurdle Mobility, Spiderman, Lateral Lunge, Reverse lunge & twist, Knee to Chest Hip Open, A-Skips, B-Skips, Hurdle Mobility

Shoulder Stability Scapular Pushups x10/ Ball Drops x10

Glute Act/Strength SL Hip Bridge x 10ea

Order	Max	Exercise	Set	12-Jul		19-Jul		26-Jul		FINISHER!
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	
1	#REF!	Back Squat	1	x 3		x 3		x 3		1. Band "Tabata" Circuit Punches x 20sec Row x 20sec Twists x 20sec R/L Resisted Figure 8"s x 20sec Squat & Row x 20sec 2mins/Rest 1 min x 2
			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		
			6	x 3		x 3		x 3+		
2	#REF!	Hang Snatch Pair With Powerwheel: Rollout x10, R Side Rollout x10, L Side Rollout x10, Tucks x10, Pikes x10	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+		
			6	x 3						
3	#REF!	Heel Touch Step-Up Increase box height 12" - 18" Pair with Below	1	x 8ea		x 8ea		x 8ea		
			2	x 8ea		x 8ea		x 8ea		
			3	x 8ea		x 8ea		x 8ea		
			4	x 8ea		x 8ea		x 8ea		
4	#REF!	Psoas Seated Knee Lift Increase Band Tension	1	x 8ea		x 8ea		x 8ea		
			2	x 8ea		x 8ea		x 8ea		
			3	x 8ea		x 8ea		x 8ea		
			4	x 8ea		x 8ea		x 8ea		

Day 4

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

Shoulder Stability Blackburns 2 x 20, W-Press 2 x 20

Glute Act/Strength Kneeling St. Leg Raise 2 x 8ea, Kneeling St. Leg Circles 2 x 8ea

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#REF!	Jump Squat Pair With GH Back Extension Holds x 30sec	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	
			6	x 3		x 3		x 3+	
2	#REF!	Weighted Chin-Ups Pair With Jump Progression 1B Lateral	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	
			6	x 3		x 3		x 3+	
3	#REF!	Reverse Grip Curl Pair With Below	1	x 8		x 7		x 6	
			2	x 8		x 7		x 6	
			3	x 8		x 7		x 6	
			4	x 8		x 7		x 6	
4	#REF!	Skull Crushers	1	x 8		x 7		x 6	
			2	x 8		x 7		x 6	
			3	x 8		x 7		x 6	
			4	x 8		x 7		x 6	