

# MVB SUMMER 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
		<b>Clean Complex</b> RDL, Pull, High Pull, Clean, Front Squat		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	<b>Hang Clean</b> <b>Get Heavier each set each week</b>	1		x 2			x 2			x 2	
			2		x 2			x 2			x 2	
			3		x 2			x 2			x 2	
		<b>Pair with Core:</b>	4		x 2			x 2			x 2	
		<b>MB Core:</b>	5		x 2			x 2			x 2	
		<b>MB OH Stabilization throws</b>	6		x 2			x 2			x 2	
		<b>MB Grasshopper/Mtn climber</b>										
2	#N/A	<b>Back Squat</b> <b>Light/Heavy</b>	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	<b>Vertical Split Jump</b> <b>Countermovement - Jump - Stick</b>	1		x 6			x 6			x 6	
4	#N/A	<b>SL Back Ext</b>  <b>Pair w/ Below</b>	1		x 8			x 9			x 10	
			2		x 8			x 9			x 10	
			3		x 8			x 9			x 10	
5	#N/A	<b>DB Bent Over Row</b>	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
		<b>Jerk Complex</b> Shouler Press, Push Press, Push Jerk, Split Jerk		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	<b>Push Jerk</b>	1		x 3			x 3			x 3	
			2		x 3			x 3			x 3	
		<b>Pair with Core:</b>	3		x 3			x 3			x 3	
		<b>Weighted SB Crunches x 50 (10ea set)</b>	4		x 3			x 3			x 3	
		<b>Or Plank variations: walkups, walkouts, RKC</b>	5		x 3			x 3			x 3	
2	#N/A	<b>Rack Deadlift</b>  <b>Pair with below</b>	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		<b>One Step Vertical Jump</b> <b>Countermovement - Jump - Stick</b>	1		x 4ea			x 4ea			x 4ea	
4	#N/A	<b>SL SB Leg Curl</b>  <b>Pair w/ Below</b>	1		x 8e			x 9e			x 10e	
			2		x 8e			x 9e			x 10e	
			3		x 8e			x 9e			x 10e	
5	#N/A	<b>DB Pushups</b> <b>Hands on DB's</b>	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
		<b>CG Snatch Complex</b> RDL, Bent Over Row, Pull, High Pull, CG Snatch		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	<b>CG Snatch</b> <b>Get Heavier each set each week</b> <b>Pair with Core:</b> <b>Partner Pushups/Pedestal/Anti-Rotation</b>	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	<b>Front Squat</b> <b>Light/heavy</b> <b>Pair with jump below</b>	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	<b>Static Tuck Jump</b> <b>Countermovement - hold - Jump - Stick</b>	1		x 6			x 6			x 6	
4		<b>SL DB RDL</b> <b>One DB</b> <b>Pair w/ Below</b>	1		x 10			x 10			x 10	
			2		x 10			x 10			x 10	
			3		x 10			x 10			x 10	
5		<b>Inverted Row</b>	1		x 6			x 7			x 8	
			2		x 6			x 7			x 8	
			3		x 6			x 7			x 8	

