

# BSB SUMMER WORKOUT PHASE II

## 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

Stadium Stairs: 6 trips up "big Stairs -bounding up = 1set - 5 trips of small steps - hit every stair = 1set- rest 1:30 in between sets +add rep each week

Order	Max	Exercise	Set	12-Jul		19-Jul		26-Jul	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	Clean Complex # = % of Bodyweight	1		x 3ea		x 3ea		x 3ea
			2		x 3ea		x 3ea		x 3ea
2	#N/A	Hang Clean Warm up sets GET HEAVIER EACH WEEK	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	#N/A	Hang Clean Pulls FAST & EXPLOSIVE - +10KG OF CLEANS PAIR WITH BELOW	1		x 3		x 3		x 3
			2		x 3		x 3		x 3
			3		x 3		x 3		x 3
4	#N/A	Split Squat	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
			3		x 5ea		x 5ea		x 5ea
			4		x 5ea		x 5ea		x 5ea
5	#N/A	DB SA Bench Press SA = SINGLE ARM EXPLODE DB UP PAIR WITH BELOW	1		x 6ea		x 6ea		x 6ea
			2		x 6ea		x 6ea		x 6ea
			3		x 6ea		x 6ea		x 6ea
			4		x 6ea		x 6ea		x 6ea
6	#N/A	DB SL RDL SL = SINGLE LEG/ DB = DUMBBELL PAIR WITH BELOW	1		x 6ea		x 6ea		x 6ea
			2		x 6ea		x 6ea		x 6ea
			3		x 6ea		x 6ea		x 6ea
7	#N/A	Clap Pushups Pop off ground	1		x MAX		x MAX		x MAX
			2		x MAX		x MAX		x MAX

## Day 2

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

MB TEMPO=RUN 100YARDS + 10 MB THROWS (YOUR CHOICE) X 10 REPS

Order	Max	Exercise	Set	Week 4 wt		Week 5 wt		Week 6 wt	
				x	Week 4 reps	x	Week 5 reps	x	Week 6 reps
1	#N/A	Plate Circuit See bottom of page for description	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
2	#N/A	DB Pusk Jerk Pair with Below Get heavier each week	1		x 6		x 6		x 6
			2		x 6		x 6		x 6
			3		x 6		x 6		x 6
			4		x 6		x 6		x 6
			5		x 6		x 6		x 6
3	#N/A	DB Walking Lunges 10 = 10 steps each leg	1		x 8		x 8		x 8
			2		x 8		x 8		x 8
			3		x 8		x 8		x 8
			4		x 8		x 8		x 8
			5		x 8		x 8		x 8
4	#N/A	Jumping Chin-Ups Pair with Below Jump up to the chin up bar	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
5	#N/A	Lateral Bounds Pair with DB SA Row: 3x8wk1/3x10wk2/3x12wk3	1		x 8ea		x 9ea		x 10ea
			2		x 8ea		x 9ea		x 10ea
			3		x 8ea		x 9ea		x 10ea

Plate Circuit: Arm Circles/Side Raises/Presses/Front Raises/Rear Delt

# BSB SUMMER WORKOUT PHASE II

## Day 3

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

Warm up + Acceleration: Kneeling Lateral R/L (1knee) x 15 yards x 10 - add 2 reps each week - walk back recovery

Order	Max	Exercise	Set	12-Jul		19-Jul		26-Jul	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	<b>DB Snatch Complex</b> Pull=High Pull-Snatch-Push Press-Split Jerk	1		x 3ea		x 3ea		x 3ea
			2		x 3ea		x 3ea		x 3ea
2	#N/A	<b>2 DB Snatch</b> Hang to the knees, finish above head Pair with Below	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
3	#N/A	<b>DB RFESS</b> RFESS= Rear Foot Elevated Split Squat AKA= Bulgarian Split Squat	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
			3		x 5ea		x 5ea		x 5ea
			4		x 5ea		x 5ea		x 5ea
4	#N/A	<b>DB SA Incline Bench</b> Pair with Below	1		x 6ea		x 6ea		x 6ea
			2		x 6ea		x 6ea		x 6ea
			3		x 6ea		x 6ea		x 6ea
			4		x 6ea		x 6ea		x 6ea
5	#N/A	<b>Back Ext</b>	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
6	#N/A	<b>DB Pushup</b> Pair with Below	1		x MAX		x MAX		x MAX
			2		x MAX		x MAX		x MAX
7	#N/A	<b>Kneeling MB Chest Pass</b>	1		x 10		x 10		x 10
			2		x 10		x 10		x 10

## Day 4

Dynamic Warm-Up

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Shoulder Stability/CORE

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Glute Activation/Strength

SEE BSB SUMMER HOME CORE/EXTRA WORK SHEET

Conditioning

MB TEMPO=RUN 40YARDS + 10 MB THROWS or JUMPS (YOUR CHOICE) X 12 REPS

Order	Max	Exercise	Set	Week 4 wt		Week 5 wt		Week 6 wt	
				x	Week 4 reps	x	Week 5 reps	x	Week 6 reps
1	#N/A	<b>Bodyweight Circuit</b> 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 17min		x 20min		x 25min
			2						
			3						
			4						
			5						
2	#N/A	<b>SB Leg Curls</b> SB = Stability Ball ADD 5SEC HOLD AT END OF LAST REP	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
3	#N/A	<b>MB Tempo</b> See Conditioning	1		x 1		x 1		x 1