

BSB SUMMER WORKOUT PHASE III

Day 1

Dynamic Warm-Up
Shoulder Stability/CORE
Glute Activation/Strength
Conditioning

SEE BSB SUMMER HOME DYNAMIC WARM-UP SHEET

SEE BSB SUMMER HOME CORE/EXTRA WORK SHEET

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Stadium Stairs: Sprint up stairs, Hop up stairs = 1 rep - start with 5 reps add 1 rep every week

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	Squat Matrix #= % of Bodyweight	1		x 3ea		x 3ea		x 3ea
			2		x 3ea		x 3ea		x 3ea
2	#N/A	Pull/Jump Shrug/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	Box Jumps 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	BB Reverse Lunge	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 ALT Bench Press ALT = Both DB's at the top 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	BB RDL 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	MB Chest Pass	1		x MAX		x MAX		x MAX
			2		x MAX		x MAX		x MAX

Day 2

Dynamic Warm-Up
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50 yard buildups on track with 5 squat jumps after each x 10-add 1 each week

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 Split 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 Step - ups	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	Inverted Row Pair with Below	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 Box Jump 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

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Day 3

Dynamic Warm-Up

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Conditioning

Warm up + Acceleration: 20 - 20 yard sprints - start on stomach, pop up and sprint. Add 2 reps each week. Walk back recovery

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	DB Snatch Complex 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	2 DB Snatch + Push Press Hang to the knees, finish above head Pair with Below Snatch + Push Press = 1 rep	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	Overhead DB RFESS 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	DB ALT Incline Bench 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	SL Back EXT	1		x 10		x 12		x 15
			2		x 10		x 12		x 15
			3		x 10		x 12		x 15
6	#N/A	DB Burpee Press Pair with Below	1		x MAX		x MAX		x MAX
			2		x MAX		x MAX		x MAX
7	#N/A	Kneeling MB Side Pass	1		x 10		x 10		x 10
			2		x 10		x 10		x 10

Day 4

Dynamic Warm-Up

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Conditioning

60 Yard Shuttle - 5 back, 10 back, 15 back = 60 yards x 5 reps, rest 1 min after each

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	Bodyweight Circuit BW Squats/Burpees/SL Hops/Reverse Crunch 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	SB Hip Bridge 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	MB Tempo See Conditioning	1		x 1		x 1		x 1