

MBB SUMMER 2A

Day 1

Dynamic Warm-Up Speed Ladder, Hurdle Mobility, Ecc. Heel Drop, Standing Ankle Lean

Shoulder Stability Band Series: Thumbs up, Palm Down, Palm Out x 10ea

Glute Act/Strength SL Band Abduction Hip Bridge x 20

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug		FINISHER!
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	
1	#N/A	Deadlift	1	x 2		x 2		x 2		1. Bodyweight "Tabata" Squats x 20sec Pushups x 20sec Mountain Jumpers x 20sec Jumping Chin -Ups x 20sec Split Squat Jump x 20sec Plank Chest Touches x20sec 2mins/1 min rest 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	Hang Clean Pair With OFF BENCH OR G.H. ISO Holds: Prone x :30sec, Supine x :30sec, R Side x :30sec, L Side x :30sec	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+		
3	#N/A	Walking Lunge Pair with Mini Band Mountain Climbers x 10ea	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		

Day 2

Dynamic Warm-Up Mini Hurdles, Hurdle Mobility, Lateral Dynamic: Side Shuffle w/arm swing, Carioca, Tapioca, Zig-Zag Slides

Shoulder Stability W Presses x 20, Blackburns x 20

Glute Act/Strength Ft. Elevated Hip Bridge x 20

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#N/A	Push Jerk Pair With BAND Anti Rotation Punches: R Side x :30, L Side x :30; 2x through	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	Bench Press Pair With Jump Progression 2A Linear	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+	
3	#N/A	DB Incline Bench Press Add Weight Each Week 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	#N/A	Pronated Inverted Row Add weight if necessary	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	

Vert Jump Progression 2A:

- Hop to vert to stick
- 2 hop to vert to stick
- Split hop to vert to stick
- 2 hop split to vert to stick
- Mini hurdle hops to vert to stick
- Hop to vert to broad to stick
- Hop to broad to vert to stick

Lateral Jump Progression 2A:

- 2 ft Lateral Ski Hops
- Hop to Lateral Jump
- Hop to lateral jump to Vertec Jump

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Day 3

Dynamic Warm-Up Jog, Lunge & Twist, Spiderman, Inchworm, Backward Lunge & Twist, St. Leg March, Rockers: V-sits, Knee to Chest, Hamstring Pulls, Heel to Hip, A-Skip, B-Skip, C-Skip, Hurdle Skip, Build-ups

Shoulder Stability Shoulder 90 Degree Ball Throws x 20ea

Glute Act/Strength Prone w/ Band: St. Leg ABD 2 x 10, St. Leg Raise 2 x 10

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug		FINISHER!
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	
1	#N/A	Back Squat	1		x 2		x 2		x 2	1. DB "Tabata" Circuit DB Mountain Jumper Press x 20s DB Push Up Row x20sec DB Push Press x 20sec DB Curls x 20sec DB Tricep Ext x 20sec DB Get Up x 20sec 2 mins/1min rest 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	Hang Snatch Pair With Plank Wak ups 2 x 10, Plank Walk Outs 2 x 10	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+	
3	#N/A	Reverse Lunge 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	#N/A	BB Hip Bridge	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	

Day 4

Dynamic Warm-Up Stairs, Hip Mobility: V-Sits, Knee to Chest, Figure-4, Hamstring Pulls, Hurdle Switch, Spiderman, Mtn. Jumpers, Sumo Squat to Stand

Shoulder Stability Upright Row to External Rotation 2 x 10, Scarecrows 2 x 10

Glute Act/Strength 4-Way Lunge Complex 4 x 2 each way

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	x reps	wt	x reps	wt	x reps
1	#N/A	Jump Squat Pair With Jump Progression 2A Lateral	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	Weighted Chin-Ups Pair With BENCH 3-WAY BACK EXTENSION X 5	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+
3	#N/A	Curl to Press 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	#N/A	Tricep Pushdowns	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