

# WBB 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       |             | <b>1. Bodyweight "Tabata" Circuit</b><br>Squats x 20sec<br>Pushups x 20sec<br>Mountain Jumpers x 20sec<br>Jumping Chin -Ups x 20sec<br>Split Squat Jump x 20sec<br>Plank Chest Touches x20sec<br>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<br>Pair With<br>OFF BENCH OR G.H. ISO Holds:<br>Prone x :30sec, Supine x :30sec,<br>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<br>Pair with<br>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<br>Pair With<br>BAND Anti Rotation Punches:<br>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<br>Pair With<br>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<br>Add Weight Each Week<br>Pair With<br>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<br>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<br>DB Mountain Jumper Press x 20s<br>DB Push Up Row x20sec<br>DB Push Press x 20sec<br>DB Curls x 20sec<br>DB Tricep Ext x 20sec<br>DB Get Up x 20sec |
|       |      |  | 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<br>Pair With<br>Plank Wak ups 2 x 10, Plank Walk Outs 2 x 10 | 1   |           | x 2           |           | x 2           |           | x 2           | 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+          |  |
| 3     | #N/A | Reverse Lunge<br>Pair with<br>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<br>Pair With<br>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<br>Pair With<br>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<br>Pair With<br>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    |