

BSB SUMMER WORKOUT PHASE IV

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

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Conditioning

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

Order	Max	Exercise	Set	30-Aug		6-Sep		13-Sep	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	Lunge Matrix # = % of Bodyweight	1		x 3ea		x 3ea		x 3ea
			2		x 3ea		x 3ea		x 3ea
2	#N/A	3 Position Pull Warm up sets GET HEAVIER EACH WEEK High Thigh-Mid Thigh-Knee	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
3	#N/A	Lateral Explosive step -up PAIR WITH BELOW	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
			3		x 5ea		x 5ea		x 5ea
4	#N/A	BB Lateral 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 Incline Bench GET HEAVIER EACH WEEK EXPLODE DB UP 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
6	#N/A	BB Goodmorning PAIR WITH BELOW	1		x 8		x 9		x 10
			2		x 8		x 9		x 10
			3		x 8		x 9		x 10
7	#N/A	MB Slam Down	1		x 10		x 12		x 15
			2		x 10		x 12		x 15

Day 2

Dynamic Warm-Up

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Shoulder Stability/CORE

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Glute Activation/Strength

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Conditioning

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 High Pull Pair with Below Get heavier each week	1		x 6		x 5		x 4
			2		x 6		x 5		x 4
			3		x 6		x 5		x 4
			4		x 6		x 5		x 4
			5		x 6		x 5		x 4
3	#N/A	BB OH Lunge	1		x 6		x 7		x 8
			2		x 6		x 7		x 8
			3		x 6		x 7		x 8
			4		x 6		x 7		x 8
			5		x 8		x 8		x 8
4	#N/A	DB Bent Over Alt Row Pair with Below	1		x 8		x 9		x 10
			2		x 8		x 9		x 10
			3		x 8		x 9		x 10
5	#N/A	SL- Vertical Jump Jump off one leg-land on both legs DB SA Row: 3x8wk1/3x10wk2/3x12wk3	1		x 5ea		x 5ea		x 5ea
			2		x 5ea		x 5ea		x 5ea
			3		x 5ea		x 5ea		x 5ea

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

BSB SUMMER WORKOUT PHASE IV

Day 3

Dynamic Warm-Up

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Shoulder Stability/CORE

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Glute Activation/Strength

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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	30-Aug		6-Sep		13-Sep	
				Week 4 wt	x Week 4 reps	Week 5 wt	x Week 5 reps	Week 6 wt	x Week 6 reps
1	#N/A	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	Hang Snatch-Mid Thigh Hang only to mid thigh 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	Back Squat	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
4	#N/A	DB Bench Press Pair with Below	1		x 8		x 9		x 10
			2		x 8		x 9		x 10
			3		x 8		x 9		x 10
			4		x 8		x 9		x 10
5	#N/A	GH Raises	1		x 6		x 7		x 10
			2		x 6		x 7		x 10
			3		x 6		x 7		x 10
6	#N/A	DB Frogger Row Jump feet up/back & Row	1		x 5		x 6		x 8
			2		x 5		x 6		x 8
7	#N/A	Kneeling MB OH 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