

UWL Women's Basketball

In Season - Week 5 (Dec 6th to 10th)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
MON	1	Hang Cleans	5	3.2.3.2.3	x	5RM	120s	Focus on bar speed Use a full ROM Use as little assistance as possible!
	2	Front Squats	4	3.3.2.2	2.0.1	4 to 5RM	120s	
	3a	Neutral-grip Chin-ups	3	4	2.1.1	bodyweight		
	3b	RDL	3	4	2.0.1	mod/heavy	90s	
	4a	Seated Straight-bar Rows	2	6 to 8	2.1.1	bodyweight		
	4b	Hanging Leg Raises	2	8 to 10	2.1.2	bodyweight	90s	
THU	1	OH Med Ball Throws	5	5	x	10 kg	90s	Focus on good landing mechanics/short contact time Keep upper body upright throughout Pinch the shoulderblades every rep!
	2	Low Incline Neutral-grip DB Press	4	4	2.0.1		90s	
	3	Reverse Lunges	3	4/leg	2.1.1	moderate	90s	
	4a	Inverted Rows	2	6 to 8	2.1.1	bodyweight		
	4b	Face Pulls	2	10		light	75s	