UWL Women's Basketball

Pre Season - Week 4 (Nov 1st to 5th)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
MON	1	OH Med Ball Throws	5	5	x	light	90s	Be explosive and high as you can
	2	Hang Cleans	4	3	x	5RM	120s	Focus on bar speed
	3	Back Squats	4	3	2.0.1	4 to 5RM	120s	Use a full ROM
	4a	Chin-ups	3	4	2.1.1	bodyweight		Use as little assistance as possible!
	4b	RDL	3	4	2.0.1	mod/heavy	90s	
	5a	Inverted Rows	2	8	2.1.1	bodyweight		
	5b	Hanging Leg Raises	2	10 to 12	2.1.2	bodyweight	90s	
THU	1	Green Plate Jump Squats	4	8	x	10 kg	90s	Focus on good landing mechanics/short contact time
	2	Bench Press	4	3	2.0.1	3 to 4RM	120s	
	3	Split Squats	3	4/leg	2.1.1	moderate	90s	Keep upper body upright throughout
	4a	DB Rows	2	6/arm	2.1.1	8RM		
	4b	Glute Bridges	2	8/leg	2.1.2	bodyweight		
	4c	Face Pulls	2	12		light	75s	Pinch the shoulderblades every rep!