

UWL Softball

Accumulation 3 - Week 4 (Nov 29th to Dec 3rd)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
Monday	1	Hang Snatch	3	3	x		90s	Try to land with good form and focus on posture FOCUS ON TEMPO!!! Work through a full range of motion (ROM) every rep Maintain solid form all the time! Refer to sheet
	2	Front Squats	3	6	4.0.1	70.0%	90s	
	3	RDL	3	6	2.0.1	80%	90s	
	4	Reverse Lunges	2	8/leg	2.0.2	moderate	90s	
	5	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	
Tuesday	1a	Neutral Chin-ups (eccentrics)	3	4	4.1.1	bodyweight		Pay attention to the tempo required for each rep Ask about form on these...
	1b	Neutral-grip DB Shoulder Press	3	7	2.0.1		90s	
	2a	Bent-over BB Rows	3	8	2.1.1			
	2b	Low Incline DB Press	3	8	2.0.1	bodyweight	90s	
	3a	DB Cobras	2	6	2.1.2	light		
	3b	BB Russian Twists	2	6/side	2.1.2	bodyweight	90s	
Thursday	1	Hang Snatch	3	3	x		90s	Try to land with good form and focus on posture FOCUS ON TEMPO!!! Work through a full range of motion (ROM) every rep Maintain solid form all the time! Refer to sheet
	2	Front Squats	3	6	4.0.1	70.0%	90s	
	3	RDL	3	6	2.0.1	80%	90s	
	4	BB Split Squats	2	8/leg	2.0.2	moderate	90s	
	5	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	
Friday	1a	Neutral Chin-ups (eccentrics)	3	4	4.1.1	bodyweight		Pay attention to the tempo required for each rep Ask about form on these...
	1b	Neutral-grip DB Shoulder Press	3	7	2.0.1		90s	
	2a	Seated Cable V-grip Rows	3	8	2.1.1			
	2b	Push-ups	3	8	2.0.1	bodyweight	90s	
	3a	Face Pulls	2	10 to 12	2.1.2	light		
	3b	Turkish Get-ups	2	4/arm		bodyweight	90s	