

UWL Softball

Intensification 3 - Week 1 (Dec 6th to 10th)

Day	Order	Exercise	Sets	Reps	Tempo	Intensity (RM)	Rest	Program Notes
Monday	1	10 Yard Sprints	1	6	x		60s	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	Hang Cleans	4	3.2.1.3	x		90s	
	3	Trap Bar Deadlifts	4	5	2.0.1	82.5 to 85%	120s	
	4	BB Step-ups	4	6/leg	2.0.1	35%	90s	
	5	Glute Ham Raise	3	10 to 12	2.1.2	bodyweight	90s	
	6	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	
Tuesday	1a	Neutral-grip Chin-up	4	5	2.1.1	bodyweight		Use as little assistance as possible on these! Ask about form on these...
	1b	Push Press	4	5	2.0.x		90s	
	2a	Bent-over BB Rows	3	6	2.1.1			
	2b	DB Floor Press	3	6	2.0.1	bodyweight	90s	
	3	Blast Strap Rows	3	6 to 8	2.1.1			
	4a	Face Pulls	3	10 to 12	2.1.2	light		
4b	Decline Russian Twists	3	5/side	2.1.2	5s	90s		
Thursday	1	OH Med Ball Throws	4	4	x	light	75s	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	Hang Cleans	4	3.2.1.3	x		90s	
	3	Back Squats	4	5	2.0.1	82.5 to 85%	120s	
	4	RDL	4	5	2.0.1	85%	90s	
	5	Bulgarian Split Squats	3	6/leg	2.0.1	52.50%	90s	
	6	Hip Stability Circuit	1	8/leg	2.1.2	bodyweight	75s	
Friday	1a	Neutral-grip Pulldowns	4	5	2.1.1	bodyweight		Ask about form on these...
	1b	Push Press	4	5	2.0.x		90s	
	2a	DB Rows	3	6/arm	2.1.1			
	2b	Low Incline DB Press	3	6	2.0.1	bodyweight	90s	
	3	Seated Neutral-grip Rows	3	6 to 8	2.1.1			
	4a	DB Scarecrows	3	6	2.1.2	light		
4b	Erect Bends	3	5/side	2.1.2	5s	90s		