

UW-L Men's Basketball

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Week of March 26th and March 30th

Program Variables		Sets & Reps						Rest	March
Order	Exercise	1st	2nd	3rd	4th	5th	6th		
1	Warmup/Hip Mobility	LOWER BODY STRENGTH							2*5(Hydrant, Forward/Backward Kee Circles, Lat Ham)
2	Barbell Back Squat+	L 12	M 12						
3	Deadlift+	L 12	M 12						
4	Box Step Ups+	L 12	M 12						
5	Body Weight Lunge+	L 12	M 12						
6	Glute Ham+Abs	L 12	M 12						
7	Stretch	LOWER BODY STRENGTH							3way ham, quad, hipflexor/quad, bi,tri, chest/shoulder

Monday
Circuit

Note: L = the weight should be Light challenge, M = Moderate challenge, H = Hard to complete all reps

1	Warmup/Hip Mobility	UPPER BODY STRENGTH							2*5(Hydrant, Forward/Backward Kee Circles, Lat Ham)
2	BB Bench Press+	L 12	M 12						
3	BB Bent Over Row+	L 12	M 12						
4	BB Incline Bench Press+	L 12	M 12						
5	1 Arm DB Row+	L 12	M 12						
6	BB Standing Overhead Press+	L 12	M 12						
7	Reverse Hypers+Abs	L 12	M 12						
8	Stretch	UPPER BODY STRENGTH							3way ham, quad, hipflexor/quad, bi,tri, chest/shoulder

Wednesday
Circuit

Note: L = the weight should be Light challenge, M = Moderate challenge, H = Hard to complete all reps

1	Warmup/Hip Mobility	BARBELL METABOLIC CIRCUIT							2*5(Hydrant, Forward/Backward Kee Circles, Lat Ham)
2	Clean Grip Upright Row	10	10	10				For this circuit use 40% of your bodyweight	
3	Front Squat	10	10	10				for each set. Go through this circuit 2 times.	
4	Overhead Press	10	10	10				If you have any questions feel free to email me or ask	
5	Bent Over Row	10	10	10				a strength center supervisor.	
6	RDL+Shrug	10	10	10					
7	Supinated Curls/Pronated	10	10	10				Alternate Grip each circuit.	
8	Stretch	BARBELL METABOLIC CIRCUIT							3way ham, quad, hipflexor/quad, bi,tri, chest/shoulder

Friday
Circuit