

April 20, 2009

**UW-L Men's Basketball**

*if there are questions.... email me*

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Impact								
Training Week of	4/20/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							off	off
Sprint/Dynamic		A	B	A	B	A		
Flexibility		stretch before bed		stretch before bed		stretch before bed		
Weight Lifting								
	<b>TEMPO</b>							
Hang Snatch	0:0:X:0	[40k/3] X 5 sets		[40k/3] X 3 sets		[40k/3] X 5 sets		
Db Step-up	2:0:1:0	[15-40lb dbs/8] x 4 sets		[15-40lb dbs/8] x 4 sets		[15-40lb dbs/8] x 4 sets		
Bench Press	2:0:1:0	[4-6 reps] X 4 sets		[4-6 reps] X 4 sets		[4-6 reps] X 4 sets		
Barbell Row w/supinated grip	2:0:1:0	[4-6 reps] X 4 sets		[4-6 reps] X 4 sets		[4-6 reps] X 4 sets		
Split squat w/no weight with the front leg on a wobble board. GOAL:Balance	0:30:0:0	3 sets each leg		3 sets each leg		3 sets each leg		