

UWL Men's Basketball

In-season - Week 4

Fall: Nov 23rd to 27th		Exercise	Sets	Reps	Tempo*	Rest	Program Notes
Day	Order						
Day 1	1	Hang Cleans	5	3.3.2.3.2	x	90s	Focus on technique and bar speed Get full ROM on these! Add weight if needed...
	2	Back Squats	4	4.3.4.3	2.0.1	120s	
Superset	3a	Pull-ups	3	5	2.1.1		
	3b	Push Press	3	5	2.0.x	90s	
Superset	4a	RDL	3	5.4.5.4	2.1.1		
	4b	Seated Neutral-grip Rows	3	5	2.1.1	90s	
	5	Body Curls	3	6	3.1.3	90s	
Day 2	1	Overhead Med Ball Throws	5	5	x	60s	Focus on being fast and explosive with the hips Quarter squat depth and focus on short contact time! Pay attention to the tempo
	2	BB Jump Squats	4	8	x	90s	
Superset	3a	Inverted Rows	3	9	2.1.1		
	3b	Push-ups	3	15	2.1.2	90s	
	4	Glute Bridges	3	8/leg	2.1.2	60s	
	5	Two-arm DB Arc Rows	3	6	2.1.2	90s	

***Tempo = amount of time to perform each phase of a movement (1st # = eccentric, 2nd # = pause between, 3rd # = concentric)
(ie. 3.1.2 = lower in 3 sec., pause for 1 sec., then rise in 2 sec.)**