

# UWL Women's Basketball

## Pre-season - Week 2

Fall: Sept 21st to 25th		Exercise	Sets	Reps	Tempo*	Rest	Program Notes	
Day	Order							
Monday	1	Overhead Med Ball Throws	4	6	x	60s	Back to wall...try to get med ball as high up wall as possible Seated on ground...try to increase distance from wall You should touch the band at the bottom of ALL reps Be sure to pause for 1 sec at bottom position of each rep Be sure to pause for 1 sec at top position of each rep Goal = full ROM and get those shoulder blades moving!	
	2	Med Ball Chest Pass	4	6	x	60s		
	3	Hang Cleans	5	4.3.4.3.3	x	2 to 3 min		
	4	Back Squats (band at bottom)	5	8	2.0.1	2 min		
	Superset	5a	Push-ups	4	10	2.1.1		
		5b	Rack Rows	4	8	2.1.1		90s
	Superset	6a	Split Squats	3	6/leg	2.1.2		
		6b	Cable Rows to Neck	3	12	2.0.1		90s
Wed	1	3 Double Leg Hops	1	5	x	90s	Perform 3 consecutive double leg hops...measure distance Ask about form for this or go to website Try to not shrug when raising the arms out to the side!	
	Superset	2a	BB Push Press	4	5	2.0.x		
		2b	Assisted Chin-ups	4	6	2.1.1		90s
		3	BB Step-ups	3	6/leg	2.1.1		90s
		4	Poliquin Press	3	8	2.1.2		90s
	Superset	5a	Glute-Ham Raise	3	8 to 10	2.1.2		
		5b	Rear Delt Flyes	3	12	2.1.1		90s
Friday	1	Overhead Med Ball Throws	3	6	x	60s	Back to wall...try to get med ball as high up wall as possible Seated on ground...try to increase distance from wall You should touch the band at the bottom of ALL reps Be sure to pause for 1 sec at bottom position of each rep Be sure to pause for 1 sec at top position of each rep	
	2	Med Ball Chest Pass	3	6	x	60s		
	3	Hang Cleans	4	3	x	90s		
	4	Back Squats (band at bottom)	3	8	2.0.1	2 min		
	Superset	5a	Bench Press	3	8	2.1.1		
		5b	Rack Rows	3	8	2.1.1		90s
	Superset	6a	Split Squats	3	6/leg	2.1.2		
		6b	DB Flyes	3	12	2.0.1		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.)**