

MOOSE BASKETBALL

PHASE: Basic Strength

DATE: April 5th to April 30th

EXERCISES	MON	MON	MON	MON	EXERCISES	THU	THU	THU	THU
	April 5th	April 12th	April 19th	April 26th		April 8th	April 15th	April 22nd	April 29th
GENERAL WARM UP					GENERAL WARM UP				
6 SPRINT STARTS					LADDERS 3 SETS/EX	X		X	
WARM UP LIFT: OVER HEAD SQUAT	6	<i>light (BAR OR PLATE)</i>			WARM UP LIFT: OVERHEAD SQUAT	6	<i>LIGHT (BAR OR PLATE)</i>		
BENCH PRESS			Wu 10		SQUATS				
	WU 10	WU 10	5	Wu 10		unload	MH-H	Wu	Wu
	10	3	4	5		Wu	Wu	5	Wu
	8	3	3	5		10	3	4	5
	6	3	2	5		8	3	3	5
	4	3	1	5		6	3	2, 1	5
SQUATS	REGULAR	REGULAR	REGULAR	Regular	DB ALTERANATE Incline <i>pair w/Medball pushups 3x10</i>	<i>Incline</i>	<i>InclineX</i>	<i>Incline</i>	<i>InclineX</i>
			Wu 10	Wu 10		8	6	8	10
	Wu 10	Wu 10	6	3		8	6	6	10
	8	5	6	3		8	6	4	10
	6	5	6	3		TOTAL:			
4	5			BENCH	WARMUP	10	5	5	
LEG CURL & EXTENSION					10	3	4	5	
	10,10	10,10	10,10		8	3	3	5	
	10,10	10,10	10,10		6	3	2, 1	5	
TOTAL:					WALKING LUNGES 3X20 YARDS OVERHEAD OR D BELLS				
ST LEG DEAD <i>PAIR W/ BOSU BALL SQUATS 3X8</i>					ST LEG DEAD LIFT <i>pair w/BOSU BALL SQUATS 3X8</i>				
	10	10	10	10		10	10	10	10
	10	10	10	10		10	10	10	10
TRICEP EXT. <i>pair w/Abs 3x30</i>					WEIGHTED DIPS <i>pair w/ABS 3x30</i>				
	8	8	6			8	8	8	6X
	8	8	6			8	8	6	6
	8	8	6			8	8	4	6
TOTAL:					TOTAL:				
SPRINT/PLYOS 10 REPS UNLESS STATED	Box jumps	5x20's	depth jumps	Box jumps					
					SPRINT/PLYOS SAME AS MONDAY				

