

MAPLE GROVE HIGH SCHOOL VOLLEYBALL SUMMER WORKOUT PROGRAM



GAME OF VOLLEYBALL
HARD WORK IS COMING.

Workouts

1. Dynamic Stretching

- a. Should be done before ALL workouts.

2. Monday, Wednesday, Friday- Weights

- a. 3 days a week of weight lifting... you should have at least 1 day between lift days.
- b. This should take about 45-60 mins.

3. Tuesday, Thursdays- Jump Training

- a. 2 days a week of jump training to increase vertical and explosiveness

4. 3 days a week- Cardio

- a. There are many options for cardio to choose from. It is important that you **sprint at least once a week**. Doing **endurance cardio** (longer distance) **at least once a week** will be very beneficial for pre-season. You can swap up what you do for the third day of cardio. Included: Sprints, Jump Rope Cardio, Agilities, Interval Training, Pool Workouts. You can also come-up with your own.

5. Ab Circuits

- a. Do an Ab Circuit at least 3 times a week on weight days.

6. Volleyball Workouts

- a. Play as much volleyball as possible to get ready for our pre-season

YouTube is a great resource to find videos of any exercises that you are unfamiliar with!

Make sure you use good form at all times!

Functional Dynamic Warm-up Routine

You should complete this warm-up prior to every workout. We will begin each practice with this routine, so it's important that you've done this so that it doesn't make you sore during pre-season.

Standing: All done for 45 Seconds each

1. Jumping jacks
2. Arm Circles (both directions gradually getting bigger)
3. Arm Scissors (alternating left and right on top)
4. Shoulder Dislocates
5. Leg Gate Swings
6. Good Mornings

Walking Warm-up: All done to half-court 2 Times

1. High Knee with knee pull
2. High Knee March with back Rotation
3. Sumo
4. Walking Lunges with lateral reach
5. Long stride with calf and hamstring rockers
6. Butt kickers
7. Straight Leg Marches with Arms straight
8. Lateral Lunges
9. Inch Worm (to foul line)
10. Spiderman (to foul line)

Jog Warm-up: All done to half court 2 times

1. Power Skips
2. Carioca
3. Power Bounds
4. Skip kicks
5. 5 yards is 3 steps (Long Strides)
6. Butt Kickers
7. Ice Skaters
8. Power Shuffles with arm swings
9. High Knee Cross Overs

Sprints

You should alternate sprint workouts each week. You should rest equal to the time that it takes you to run the sprint. For example, if it takes you :10 seconds to run the sprint you should rest for :10 seconds before starting the next sprint.

Sprint Workout #1

- ☐ 10 meters – 10 times
- ☐ 20 meters-6 times
- ☐ 40 meters- 4 times
- ☐ 20 meters- 6 times
- ☐ 10 meters- 10 times

Sprint Workout #2

- ☐ 20 meters- 15 times
- ☐ 30 meters- 10 times
- ☐ 40 meters-5 times
- ☐ 50 meters- 2 times
- ☐ 100 meters- 1 time

Prides

Use the length of the volleyball court and having the end line as your BASE, you will sprint the following consecutively aiming for a time less than :60 seconds.

- ☐ Base to near 10-foot line and return to base
- ☐ Base to far end line and return to base
- ☐ Base to center line and return to base
- ☐ Base to far end line and return to base
- ☐ Base to far 10-foot line and return to base
- ☐ Base to far end line and return to base
- ☐ Base to far end line and return to base

Jump Ropes and Jump Circuit

Jumping rope will condition your hips, knees, and ankles for jumping as well as providing cardio.

With Jump Rope:

1. Double Leg (DL)- both feet contact the ground at the same time
2. Single Leg (SL)- one leg at a time
3. High Knees (HK)- double foot contact and then pull knees to chest like a tuck jump.
4. Running (R)- alternate legs each revolution in a running motion
5. Regular Shuffle (S)- like a boxer, shift weight from one foot to the other

Weeks	Time	DL	S	SLR	S	SLL	S	HK	S	R	S
1 & 2	11:30	2:00	:30	:30	:30	:30	:30	:30	:30	2:30	3:00
3	12:45	2:30	:30	:30	:30	:30	:30	:30	:30	2:30	3:30
4	13:45	3:00	:30	:45	:30	:45	:30	:45	:30	2:30	3:30
5	15:00	3:00	:30	:45	:30	:45	:30	1:00	:30	3:00	4:00
6	16:00	3:00	:30	1:00	:30	1:00	:30	1:00	:30	3:00	4:30
7 & 8	16:30	4:00	:30	1:00	:30	1:00	:30	1:00	:30	3:30	3:30

Jump Circuit (without jump rope):

1. Regular Shuffle (S)- like a boxer, shift weight from one foot to the other
2. Burpees (B)- put hands on floor, kick legs back to push-up position, pull legs back into chest, explode up with arms in the air for height
3. Tuck Jumps (TJ)- Knees to chest
4. Mountain Climbers (MC)- legs run back and forth with hands on the floor in a push-up position
5. One-Step Block Jumps (1s)- one step to the right, block jump for height, one step to the left, block jump for height, and repeat.

Weeks	Time	S	B	S	TJ	S	MC	S	1s	
1 & 2	6:40	:30	:30	:30	:30	:30	:30	:30	:30	Repeat 1 st 6 exercises :20s each
3	6:30	:30	:30	:30	:30	:30	:30	:30	:30	Repeat 1 st 5 exercises :30s each
4 & 5	7:00	:30	:30	:30	:30	:30	:30	:30	:30	Repeat last 6 exercises :30s each
6 & 7	8:00	:30	:30	:30	:30	:30	:30	:30	:30	Repeat all exercises :30s each
8	6:00	:20	:30	:30	:30	:20	:30	:20	:30	Repeat all exercises :20s each

Agilities

These can be done with lines or with imaginary lines.

Start by doing 2 sets of each (A-F) for :30 seconds. Add a set every 2 weeks.

Agilities should be done for quickness and speed, NOT HEIGHT!

Upper Left (UL)	Upper Center (UC)	Upper Right (UR)
Left Center (LC)	Center (C)	Right Center (RC)
Bottom Left (BL)	Bottom Center (BC)	Bottom Right (BR)

<p style="text-align: center;">A</p> <ol style="list-style-type: none"> 1. Start with both feet C 2. Jump right foot into UR and left foot into UL 3. Return both feet to C 4. Jump right foot into BR and left foot into BL 5. Return both feet to C 6. REPEAT until time is up 	<p style="text-align: center;">D</p> <ol style="list-style-type: none"> 1. Start with both feet together in BC 2. Jump right foot to RC and left foot to LC 3. Jump both feet together to UC 4. Jump right foot to RC and left foot to LC 5. Jump both feet together in BC 6. Repeat until time is up
<p style="text-align: center;">B</p> <ol style="list-style-type: none"> 1. Start with right foot in UR and left foot in BL 2. Jump right foot to RC and left foot to LC 3. Jump right foot to BR and left foot to UL 4. Jump right foot to RC and left foot to LC 5. Return to starting position 6. Repeat until time is up 	<p style="text-align: center;">E</p> <ol style="list-style-type: none"> 1. Start with both feet together in C 2. Jump both feet together in every box, returning to the center between every jump 3. Repeat until time is up
<p style="text-align: center;">C</p> <ol style="list-style-type: none"> 1. Start with both feet in C 2. Jump both feet together to UC 3. Return to C 4. Jump both feet together to RC 5. Return to C 6. Jump both feet together to BC 7. Return to C 8. Jump both feet together to LC 9. Return to C 10. Repeat until time is up 	<p style="text-align: center;">F</p> <ol style="list-style-type: none"> 1. Start with right foot in UR and left foot in BL 2. Jump both feet together in C 3. Jump right foot to BR and left foot to UL 4. Return to both feet to C 5. Repeat until time is up

20 Minute Interval Training

Interval training is based on your choice (run, bike, climb, elliptical machine, etc.) (running is preferred) ...% is based on your 100% full out max, so you should be tired when you hit 80% and 90%.

You can increase intensity by increasing speed, incline, or resistance.

Minute	Intensity	Treadmill Example -Speed
1	50%	5.0
2	50%	5.0
3	60%	6.0
4	70%	7.0
5	80%	8.0
6	90%	9.0
7	60%	6.0
8	70%	7.0
9	80%	8.0
10	90%	9.0
11	60%	6.0
12	70%	7.0
13	80%	8.0
14	90%	9.0
15	60%	6.0
16	70%	7.0
17	80%	8.0
18	90%	9.0
19	100%	10.0
20	50%	5.0

Pool Workouts

You may choose to replace a cardio workout with a pool workout.

Pick a day that you would rather do a pool workout, pick one of the two workouts, and do it instead of agilities, plyos, sprinting, interval training, jump ropes, or a jump circuit. Have Fun!

Workout #1

Equipment: kickboard or some sort of floating device

Agilities in Shallow Water:

High Knees x 2
Butt Kicks x 2
4 & 4 x 2 (4 high knees, 4 butt kicks)
Karaoke x 2
Baby Karaoke x 2
High Skips x 2
Baby Skips x 2
Sprint x 2

Flutter Kick in Deep Water:

2 sets of 10

You have 1:00 minute to flutter kick the width of pool (about 20 yards). This should be a sprint. If you complete the kick before your minute is up, you can rest for the remaining time. When the minute expires, you flutter kick back to your starting position. After 2 reps (there and back), do 10 racks. (Racks- grip side of pool, go under, and then extend arms until elbows lock) Racks should always be done in the deep end. Make sure you go under water and do not hit your mouth or head on the side of the pool. After the first set, you should have completed 50 racks. If you do not complete the sprint in 1:00 minute you do start the next flutter kick sprint immediately.

Tread Water: 10 minutes

0:00-2:00 Regular Treading
2:00-2:30 Wrist out of the water
2:30-2:50 Elbows out of the water
2:50-3:00 Shoulders out of the water
3:00-3:30 Regular
3:30-4:00 Wrist
4:00-4:20 Elbows
4:20-4:30 Shoulders
4:30-5:00 Regular
5:00-5:30 Wrist
5:30-5:50 Elbows
5:50-6:00 Shoulders
6:00-6:30 Regular
6:30-7:00 Wrists
7:00-7:20 Elbows
7:20-7:30 Shoulders
7:30-8:00 Regular
8:00-8:30- Wrists
8:30-8:50 Elbows
8:50-9:00 Shoulders
9:00-10:00 Regular

Workout # 2

Equipment: none

Sprint length of pool. 10 Times. :30 seconds rest between lengths.

Shallow to deep end (running motion, body should be as vertical as possible)

Deep End:

Same as Flutter kicks except you are running in deep water.

2 sets of 10: 1:30 intervals.

Between each down and back do 10 racks on the side of the pool.

3 x 15 Block Jumps for height in shallow water. Water should reach waist to absorb landing. Focus on balance, land and jump BALANCED!

Tread Water:

10 minutes Regular



Don't Forget to Wear Sunscreen & Drink Water!

Volleyball Workout

Part I- Shoulder Specific

Whether you are an offensive or defensive player, or both...this will prepare you for multiple repetitions of attacking and serving. This will prepare you and decrease the chance of injury. This can all be done against the wall, but any opportunity that you have to actual attack and serve on the court would be beneficial.

Week 1: Attacking motion against wall 4 x 10 /Serving motion against wall 4 X 8

Week 2 & 3: Attacking 5 X25/Serving 4 x 10

Week 4: Attacking 6 x 25/Serving 5 x 10

Week 5: Attacking 10 x 20 /Serving 6 x 10

Week 6: Attacking 8 x 30 /Serving 8 x 8

Week 7 & 8: Attacking 10 x 25 /Serving 10 x 8

Part II- Passing/Defense Leg Conditioning

Baby footwork: forward, back, right, left, and repeat. Remain low and in a good passing position, arms out ready to pass. One step with both legs in each direction, get balanced, pass, and return to base.

Week 1 & 2: 4 x :30 seconds

Week 3: 4 x :45 seconds

Week 4: 4 x 1:00 minute

Week 5: 5 x :45 seconds

Week 6: 5 x 1:00 minute

Week 7 & 8: 6 x :45 seconds

Inverted V's

Start in ready position, relaxed, and balanced. Start by pursuing a ball over the right shoulder. Open by dropping right foot and stepping back, crossover with left, then drop right back and shift weight forward on left to pass ball. Return to base, then repeat pursuing ball over left shoulder, open by dropping left foot back, crossover with right, step back with left and shift weight forward on right to pass ball. Return to base... that's one.

Week 1 & 2: 4 x 5

Week 3: 4 x 6

Week 4: 4 x 8

Week 5: 4 x 10

Week 6: 5 x 8

Week 7 & 8: 5 x 10

Part III- Blocking Footwork

1 Step: Push off L foot and raise R foot, land on both balanced (to right). Push off R foot and raise L foot, land on both balanced (to left).

2 Step: Crossover and close. Both directions

3 Step: Step with foot in same direction as moving, crossover and close. If you are a middle, do 3 steps. If not, do more 1 and 2 steps. Max sure you are MAX jumping, PRESSING, & PIKING! Move at GAME SPEED!

Week 1: 6 x each

Week 2: 8 x each

Week 3 & 4: 10 1-step, 8 2-step, 6 3-step

Week 5 & 6: 10 1-step, 10 2-step, 6 3-step

Week 7 & 8: 10 1-step, 10 2-step, 10 3-step

Part IV- PLAY

Play as much as possible! Pepper as much as possible! Touch the ball and work on ball control as much as possible!

Abdominal Exercises

Set #1

3 x :30 each

1. Double Leg Raises
2. Twist- raise shoulders off the ground, keeping your feet flat on the floor and knees bent, slowly twist torso from side to side. You want to take your left elbow to your right knee and your right elbow to your left knee.
3. Oblique Twists: 3 x 15 R, 3 x 15 L
4. Bicycle- extend legs all the way out
5. Scissors Side to Side- legs straight out, raise 45 degrees, keeping legs tight cross right over left, then left over right, and repeat.
6. Scissors Up & Down- same as above, but move right leg up while moving left leg down (small motion), then left up and right down.

Set # 2

With Weights:

1. 4 x 10 Crunches
2. 4 x 10 abdominal twists seated (lean back slightly, knees together and bent, twist weight from side to side)
3. 4 x 10 elevated toe touches (starting position- laying on back, hold weight behind your head with arms straight...hold legs up in the air also straight. Movement- raise weight above head and touch toes with it, not moving legs, when touching weight to toes push upward for a crunch).
4. 4 x 10 back crunches/sit-ups- small amount of weight... lay on stomach with weight either on back or held on chest, raise upper body.

Set # 3

1. Full Sit-Ups- 3 x 15... hands behind head, keep elbows back and sit up all the way, do not use arms to sit up or allow your elbows to come forward.
2. Superman- 3 x15... laying on your stomach, lift alternate arm alternate leg and hold for 5 seconds, repeat.
3. 6 inches- 3 x :45 seconds... hold legs straight and 6 inches off the ground.
4. Double leg row- 3 x 15...sitting and leaning slightly back pull both knees to chest and extend out.
5. Crunches- 3 x 30
6. Regular Plank- 4 x :30 seconds (increase time as it becomes easier)
7. Side Planks- 2 x :30 each side (increase time as it becomes easier)

Set #4

3 x :30 secs {Increase by 10 seconds every time you do this}

1. Regular Plank (on elbows)
2. Side Planks (on both sides)
3. Side Plank Twists (on both sides)
4. Plank alternate bringing knees to elbows
5. Plank alternate bringing foot off the ground
6. Planks with superman (raise arm and opposite foot at same time and switch)

Weights

KEY

MB-Medicine Ball

DB- Dumbbell

Lat- Lateral (side to side)

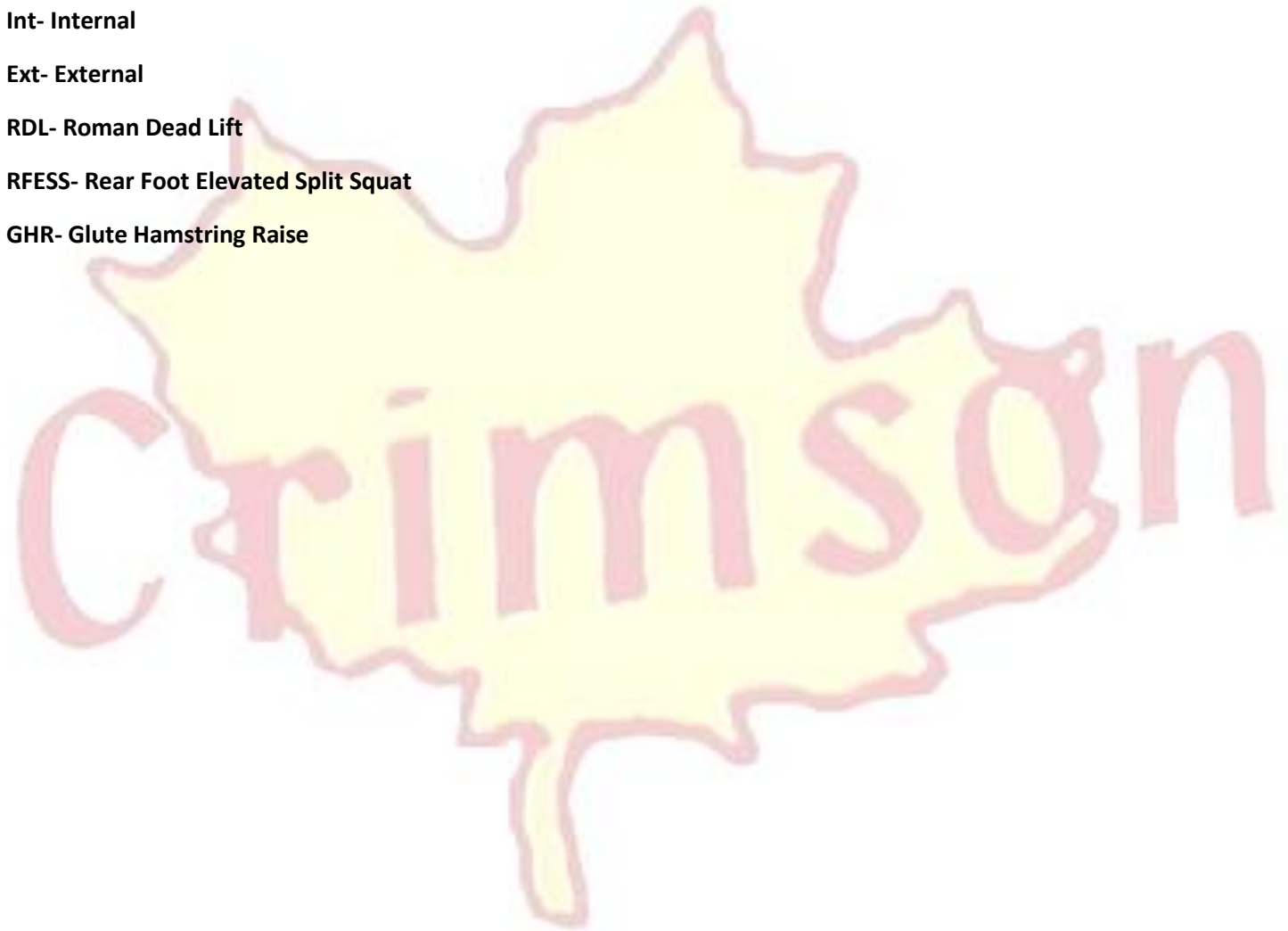
Int- Internal

Ext- External

RDL- Roman Dead Lift

RFESS- Rear Foot Elevated Split Squat

GHR- Glute Hamstring Raise



Week 1			Sets x Reps	Weight
	Monday	Squat Cleans	3x6	
		Front Squats	3x10	
		RDL	3x10	
		Crunch	3x20	
		Bent Row	3x10	
		Shoulder Horn	3x12	
	Tuesday	Box Jump	3x6	--
		Ankle Hops	3x6	--
		Depth Drop (Stick)	3x6	--
		Jump Tuck	3x6	--
		Seated MB Twist Throw	3x6	--
	Wednesday	DB Push Press	3x4	
		DB RFESS	3x6	
		Trunk Twist	3x20	
		Back Ext	3x12	
		MB Chest Throw	3x6	
		MB Pullover	2x8	
		Y/T/W	2x12	
	Thursday	Lateral Box Jumps	3x6	--
		Side to Side Ankle	3x6	--
		Lateral Depth Drop	3x6	--
		Lateral Jump Tuck	3x6	--
		Seated MB Twist Throw	3x6	--
	Friday	High Pull	3x6	
		Bench	3x10	
		Seated Twists	3x20	
		Twist Back Ext.	3x12	
		DB Shoulder Press	3x10	
		Int/Ext Rotation	2x12	

Week 2			Sets x Reps	Weight
	Monday	Squat Cleans	4x6	
		Front Squats	4x10	
		RDL	4x10	
		Crunch	3x20	
		Bent Row	4x10	
		Shoulder Horn	3x12	
	Tuesday	Box Jump	3x6	--
		Ankle Hops	3x6	--
		Depth Drop (Stick)	3x6	--
		Jump Tuck	3x6	--
		Seated MB Twist Throw	3x6	--
	Wednesday	DB Push Press	4x4	
		DB RFESS	4x6	
		Trunk Twist	3x20	
		Back Ext	3x12	
		MB Chest Throw	4x6	
		MB Pullover	2x8	
		Y/T/W	2x12	
	Thursday	Lateral Box Jumps	3x6	--
		Side to Side Ankle	3x6	--
		Lateral Depth Drop	3x6	--
		Lateral Jump Tuck	3x6	--
		Seated MB Twist Throw	3x6	--
	Friday	High Pull	4x6	
		Bench	4x10	
		Seated Twists	3x20	
		Twist Back Ext.	3x12	
		DB Shoulder Press	4x10	
		Int/Ext Rotation	2x12	

Week 3			Sets x Reps	Weight
	Monday	Split Jerk	4x3	
		Bench	4x4	
		Pike Trunk Raise	3x15	
		Man GHR	3x10	
		DB Shoulder Press	4x3	
		Shoulder Horn	2x12	
	Tuesday	Step to Box Jump	3x7	--
		Pyramid Box Jump	3x4	--
		Vertical Jumps	3x7	--
		Stair Hops	3 Flights	--
		Rotation Throws	3x8	--
	Wednesday	DB Snatch	4x4	
		Bear Squat	4x10	
		Diagonal Lunge	4x10	
		Partner MB Twist	3x15	
		MB Chest Throw	4x10	
		DB Row	4x10	
		Y/T/W	2x12	
	Thursday	Step to Lat Box Jump	3x7	--
		Lat Pyramid Box Jump	3x4	--
		Slide Boards	3x8	--
		Wall Jump	3x5	--
		Seated MB Twist Throw	3x6	--
	Friday	Squat Clean	4x3	
		RDL	4x3	
		Lat Lunge w/ Squat	4x3	
		Twist Crunch	3x15	
		Twist Back Extension	3x10	
		DB Pullover	4x3	
		Int/Ext Rotation	2x12	

Week 4			Sets x Reps	Weight
	Monday	Split Jerk	3x5	
		Bench	3x5	
		Pike Trunk Raise	3x15	
		Man GHR	3x10	
		DB Shoulder Press	3x5	
		Shoulder Horn	2x12	
	Tuesday	Drop to Double Wall	3x8	--
		Drop to Double Box Jump	3x8	--
		Wall Block Jump	3x8	--
		Stair Hops	3 Flights	--
		Rotation Throws	3x8	--
	Wednesday	DB Snatch	3x6	
		Bear Squat	3x12	
		Diagonal Lunge	4x10	
		Partner MB Twist	3x15	
		MB Chest Throw	3x12	
		DB Row	3x12	
		Y/T/W	2x12	
	Thursday	Crossover Block Jump	3x8	--
		Lat Drop to Lat Box Jump	3x8	--
		Slide Boards	3x8	--
		Lat Slide	3x8	--
		Kneeling Twisting Throws	3x6	--
	Friday	Squat Clean	3x5	
		RDL	3x5	
		Lat Lunge w/ Squat	3x5	
		Twist Crunch	3x15	
		Twist Back Extension	3x10	
		DB Pullover	3x5	
		Int/Ext Rotation	2x12	

Week 5			Sets x Reps	Weight
	Monday	Hang Cleans	3x4	
		Front Squat	3x3	
		RDL	3x3	
		DB Press Crunch	3x12	
		DB Twist Press Crunch	3x12	
		Shoulder Horn	2x12	
	Tuesday	Box Jump-Drop-Box Jump	3x6	--
		Box Jump-Block Jump	3x6	--
		Drop Jump over Hurdle	3x6	--
		Double Leg Hops Uphill	3x6	--
		Approach Jumps	3x4	--
	Wednesday	DB Alt Push Press	3x6	
		Bear Squat	3x9	
		MB Walking Lunges	3x9	
		Man GHR	3x10	
		DB Pullover	3x9	
		Y/T/W	2x12	
	Thursday	Lat Box Jump-Drop-Lat Box	3x6	--
		Slide Boards	3x8	--
		Lat Hop to Lat Slide	3x6	--
		Block Jump-Lat Slide Block	3x6	--
		Kneeling Twisting Throws	3x5	--
	Friday	Hang Snatch	3x4	
		Bench	3x5	
		MB Off-Center Throw	3x12	
		Twist Rev Hyper	3x10	
		Wrist Curls	3x12	
		Incline DB Press	3x3	
		Int/Ext Rotation	2x12	

Week 6			Sets x Reps	Weight
	Monday	Rack Clean	4x2	
		Hang Clean	4x2	
		Squats	4x4	
		DB Jump Squats	4x4	
		Lat Lunges	4x4	
		Bent Row	4x4	
		Int/Ext Rotation	2x12	
	Tuesday	Pyramid Box Jump	3x5	--
		Broad Jump to Box Jump	3x6	--
		Drop Jump-Box Jump	3x6	--
		Stair Hops	3 Flights	--
		Rotation Throws	3x6	--
	Wednesday	DB Snatch	4x3	
		1 Arm DB Snatch	4x3	
		Bear Squats	4x10	
		Diagonal Lunges	4x10	
		MB Ankle Chop	3x10	
		DB Bench	4x10	
		Shoulder Horn	2x10	
	Thursday	Crossover Plant Jump	3x6	--
		Broad Jump to Lat Slide	3x6	--
		Slide Boards	3x8	--
		Lat Pyramid Box Jump	3x5	--
		Kneeling Twisting Throws	3x8	--
	Friday	High Pull	4x2	
		Bench	4x4	
		MB Chest Throw	4x4	
		DB Pullover	4x4	
		MB Rev Throw	3x10	
		Twist Rev Hyper	3x8	
		MB Overhead Throw	2x6	

Week 7			Sets x Reps	Weight
	Monday	Rack Clean	4x2	
		Hang Clean	4x2	
		Squats	4x4	
		DB Jump Squats	4x4	
		Lat Lunges	4x4	
		Bent Row	4x4	
		Int/Ext Rotation	2x12	
	Tuesday	Approach Jump	3x8	--
		Drop Jump-Box Jump	3x8	--
		Box Jump	3x8	--
		Double Jump	3x8	--
		Off Center Twist Throw	3x8	--
	Wednesday	DB Snatch	4x3	
		1 Arm DB Snatch	4x3	
		Bear Squats	4x10	
		Diagonal Lunges	4x10	
		MB Ankle Chop	3x10	
		DB Bench	4x10	
		Shoulder Horn	2x10	
	Thursday	Lat Slide to Block Jump	3x8	--
		Lat Drop-Box Jump	3x8	--
		Lat Box Jump	3x8	--
		Lat Hop to Block Jump	3x8	--
		Slide Boards	3x8	--
	Friday	High Pull	4x2	
		Bench	4x4	
		MB Chest Throw	4x4	
		DB Pullover	4x4	
		MB Rev Throw	3x10	
		Twist Rev Hyper	3x8	
		MB Overhead Throw	2x6	

Week 8			Sets x Reps	Weight
	Monday	Rack Clean	4x3	
		Hang Clean	4x3	
		Squats	4x5	
		DB Jump Squats	4x5	
		Slide Lunge	4x5	
		GHR	3x8	
		Int/Ext Rotation	2x12	
	Tuesday	Drop Jump/Block Jump	3x8	--
		Broad Jump/Block Jump	3x8	--
		Drop Jump/Barrier Jump	3x8	--
		Approach Jump	3x8	--
		Speed Rotations	3x8	--
	Wednesday	DB Snatch	4x6	
		1 Arm DB Snatch	4x6	
		Bear Squats	4x10	
		Ankle Chop	3x10	
		Twist GHR	3x8	
		DB Bench	4x10	
		Shoulder Horn	2x12	
	Thursday	3yd Slide to Box Jump	3x8	--
		Broad Jump/Lat Slide	3x8	--
		Loat Hill Slides	3x8	--
		Slide Boards	3x8	--
		MB Back 2 Back Pass	3x8	--
	Friday	Power Jerk	4x3	
		DB Jerk	4x3	
		Bench Press	4x5	
		DB Pullover	4x5	
		MB Rev Throw	3x10	
		MB Twist	2x12	
		MB Low Throw	2x12	

Week 9			Sets x Reps	Weight
	Monday	Rack Clean	4x2	
		Hang Clean	4x2	
		Squats	4x3	
		DB Jump Squats	4x3	
		Slide Lunge	4x3	
		GHR	3x8	
		Int/Ext Rotation	2x12	
	Tuesday	1 Step Box Jump	3x8	--
		Block Jump/X-Over/Block	3x8	--
		Barrier Jump/Block Jump	3x8	--
		Drop Jump/Block Jump	3x8	--
		MB Forward Twist Throw	3x8	--
	Wednesday	DB Snatch	4x4	
		1 Arm DB Snatch	4x4	
		Bear Squats	4x8	
		Ankle Chop	3x10	
		Twist GHR	3x8	
		DB Bench	4x8	
		Shoulder Horn	2x12	
	Thursday	Lat Step/Lat Box Jump	3x8	--
		Block Jump/X-Over/Block	3x8	--
		Lat Barrier to Wall Jump	3x8	--
		Lat Drop Jump/Block Jump	3x8	--
		MB Forward Twist Throw	3x8	--
	Friday	Power Jerk	4x2	
		DB Jerk	4x2	
		Bench Press	4x4	
		DB Pullover	4x3	
		MB Rev Throw	3x10	
		MB Twist	2x12	
		MB Low Throw	2x12	

Week 10			Sets x Reps	Weight
	Monday	Rack Clean	4x2	
		Hang Clean	4x2	
		Squats	4x3	
		DB Jump Squats	4x3	
		Slide Lunge	4x3	
		GHR	3x8	
		Int/Ext Rotation	2x12	
	Tuesday	1 Step Box Jump	3x8	--
		Block Jump/X-Over/Block	3x8	--
		Barrier Jump/Block Jump	3x8	--
		Drop Jump/Block Jump	3x8	--
		MB Forward Twist Throw	3x8	--
	Wednesday	DB Snatch	4x4	
		1 Arm DB Snatch	4x4	
		Bear Squats	4x8	
		Ankle Chop	3x10	
		Twist GHR	3x8	
		DB Bench	4x8	
		Shoulder Horn	2x12	
	Thursday	Lat Step/Lat Box Jump	3x8	--
		Block Jump/X-Over/Block	3x8	--
		Lat Barrier to Wall Jump	3x8	--
		Lat Drop Jump/Block Jump	3x8	--
		MB Forward Twist Throw	3x8	--
	Friday	Power Jerk	4x2	
		DB Jerk	4x2	
		Bench Press	4x4	
		DB Pullover	4x3	
		MB Rev Throw	3x10	
		MB Twist	2x12	
		MB Low Throw	2x12	

Week 11			Sets x Reps	Weight
	Monday	Rack Clean	4x3	
		Hang Clean	4x3	
		Bench Press	4x4	
		DB Pull-Overs	4x4	
		Bus Drivers	3x10	
		Rev Hyper	3x8	
		Int/Ext Rotation	2x12	
	Tuesday	Drop Jump/Block Jump	3x8	--
		Triple Box Jump	3x8	--
		Approach Jump	3x8	--
		MB Forward Twist Throw	3x10	--
		Repeated Block Jumps	3x9	--
	Wednesday	DB Snatch	4x4	
		1 Arm DB Snatch	4x5	
		Bear Squats	4x8	
		MB Diagonal Lunges	4x8	
		MB Twist Throws	3x10	
		1 Arm DB Bench	4x8	
		Shoulder Horn	2x12	
	Thursday	Depth Jump/Lat Box Jump	3x8	--
		Lat Box Jump	3x8	--
		3yd Slide to Block Jump	3x9	--
		MB Off-Center Twist Throw	3x10	--
		Repeat Lat Box Jump	3x9	--
	Friday	DB Snatch	4x3	
		Rach Snatch	4x3	
		Squat	4x4	
		DB Jump Squat	4x4	
		MB Lateral Lunges	4x4	
		Back Ext	3x8	
		OH Plate Rotation	2x10	

Week 12			Sets x Reps	Weight
	Monday	Rack Clean	4x2	
		Hang Clean	4x2	
		Bench Press	4x3	
		DB Pull-Overs	4x3	
		Bus Drivers	3x10	
		Rev Hyper	3x8	
		Int/Ext Rotation	2x12	
	Tuesday	1 Step Box Jump	3x10	--
		Approach Jump	3x10	--
		Box/Drop/Box	3x10	--
		MB Rotation Throw	3x10	--
		Repeated Block Jumps	3x9	--
	Wednesday	DB Snatch	4x5	
		1 Arm DB Snatch	4x5	
		Bear Squats	4x10	
		MB Diagonal Lunges	4x10	
		MB Twist Throws	3x10	
		1 Arm DB Bench	4x10	
		Shoulder Horn	2x12	
	Thursday	Depth Jump/Lat Box Jump	3x8	--
		Lat Box Jump	3x8	--
		3yd Slide to Block Jump	3x9	--
		MB Off-Center Twist Throw	3x10	--
		Repeat Lat Box Jump	3x9	--
	Friday	DB Snatch	4x2	
		Rach Snatch	4x2	
		Squat	4x3	
		DB Jump Squat	4x3	
		MB Lateral Lunges	4x3	
		Back Ext	3x8	
		OH Plate Rotation	2x10	