

ASC BASKETBALL



SUMMER SESSION 2 WEEK 1 (July 13 – 17)

PRE-LIFT WARM-UP		<u>MONDAY</u>		<u>WEIGHT USED</u>
3 POSITION SQUAT	10,8,6,6	60% - 100% of 1RM		
FRONT SQUAT	3 x concentration			
RDL / 3 POSITION ROMAN	3 x 5	HEAVY!!!		
GLUTE-HAM CURL	3 x concentration			

PRE-LIFT WARM-UP		<u>TUESDAY</u>		<u>WEIGHT USED</u>
BENCH PRESS	10,8,6,4	60% - 80% of 1RM		
FRONT MILITARY PRESS	4 x 8			
BENT OVER ROW	4 x 8	HEAVY		
FRONT RAISE / 6 POINT SHOULDER	3 x concentration			

PRE-LIFT WARM-UP		<u>WEDNESDAY</u>		<u>WEIGHT USED</u>
SIDE JUMP UP	2 x 6	(36" – 48" box)		
JUMP SQUAT	2 x 6	(45lb. bar only)		
BACK BOARD VERTICAL JUMP	3 x 10			

PRE-LIFT WARM-UP		<u>THURSDAY</u>		<u>WEIGHT USED</u>
INCLINE BENCH PRESS	3 x concentration			
BEHIND THE NECK PULL-UP	3 x concentration			
REVERSE GRIP BENCH PRESS	3 x 12	50% of BP 1RM		
CURL-UP	3 x 12			

PRE-LIFT WARM-UP		<u>FRIDAY</u>		<u>WEIGHT USED</u>
DEAD LIFT	5 x 5	80% - 100% of Back Squat 1RM		
POWER CLEAN	5,4,3,2			
POWER SNATCH	4,3,2,1			
RACK JERK	4 x 5			

ASC BASKETBALL



SUMMER SESSION 2 WEEK 2 (July 20 – 24)

PRE-LIFT WARM-UP		<u>MONDAY</u>		<u>WEIGHT USED</u>
3 POSITION SQUAT	10,8,6,6	60% - 100% of 1RM		
FRONT SQUAT	3 x concentration			
RDL / 3 POSITION ROMAN	3 x 5	HEAVY!!!		
GLUTE-HAM CURL	3 x concentration			

PRE-LIFT WARM-UP		<u>TUESDAY</u>		<u>WEIGHT USED</u>
BENCH PRESS	10,8,6,4	60% - 80% of 1RM		
FRONT MILITARY PRESS	4 x 8			
BENT OVER ROW	4 x 8	HEAVY		
FRONT RAISE / 6 POINT SHOULDER	3 x concentration			

PRE-LIFT WARM-UP		<u>WEDNESDAY</u>		<u>WEIGHT USED</u>
SIDE JUMP UP	2 x 6	(36" – 48" box)		
JUMP SQUAT	2 x 6	(45lb. bar only)		
BACK BOARD VERTICAL JUMP	3 x 10			

PRE-LIFT WARM-UP		<u>THURSDAY</u>		<u>WEIGHT USED</u>
INCLINE BENCH PRESS	3 x concentration			
BEHIND THE NECK PULL-UP	3 x concentration			
REVERSE GRIP BENCH PRESS	3 x 12	50% of BP 1RM		
CURL-UP	3 x 12			

PRE-LIFT WARM-UP		<u>FRIDAY</u>		<u>WEIGHT USED</u>
DEAD LIFT	5 x 5	80% - 100% of Back Squat 1RM		
POWER CLEAN	5,4,3,2			
POWER SNATCH	4,3,2,1			
RACK JERK	4 x 5			

ASC BASKETBALL



SUMMER SESSION 2 WEEK 3 (July 27 – 31)

PRE-LIFT WARM-UP		MONDAY		WEIGHT USED
3 POSITION SQUAT	10,8,6,6	60% - 100% of 1RM		
FRONT SQUAT	3 x concentration			
RDL / 3 POSITION ROMAN	3 x 5	HEAVY!!!		
GLUTE-HAM CURL	3 x concentration			

PRE-LIFT WARM-UP		TUESDAY		WEIGHT USED
BENCH PRESS	10,8,6,4	60% - 80% of 1RM		
FRONT MILITARY PRESS	4 x 8			
BENT OVER ROW	4 x 8	HEAVY		
FRONT RAISE / 6 POINT SHOULDER	3 x concentration			

PRE-LIFT WARM-UP		WEDNESDAY		WEIGHT USED
SIDE JUMP UP	2 x 6	(36" – 48" box)		
JUMP SQUAT	2 x 6	(45lb. bar only)		
BACK BOARD VERTICAL JUMP	3 x 10			

PRE-LIFT WARM-UP		THURSDAY		WEIGHT USED
INCLINE BENCH PRESS	3 x concentration			
BEHIND THE NECK PULL-UP	3 x concentration			
REVERSE GRIP BENCH PRESS	3 x 12	50% of BP 1RM		
CURL-UP	3 x 12			

PRE-LIFT WARM-UP		FRIDAY		WEIGHT USED
DEAD LIFT	5 x 5	80% - 100% of Back Squat 1RM		
POWER CLEAN	5,4,3,2			
POWER SNATCH	4,3,2,1			
RACK JERK	4 x 5			

ASC BASKETBALL



SUMMER SESSION 2 WEEK 4 (August 3 – 7)

PRE-SEASON TESTING

MONDAY – Bench Press, Power Clean

TUESDAY – Vertical Jump, Broad Jump, Pro-agility

WEDNESDAY – Back Squat, Height, Weight, Body fat %

Hgt.	Wt.	BF%	Vertical	Broad	Pro-A	Bench	Squat	Clean

PRE-LIFT WARM-UP	<u>THURSDAY</u>		<u>WEIGHT USED</u>
INCLINE BENCH PRESS	3 x concentration		
BEHIND THE NECK PULL-UP	3 x concentration		
REVERSE GRIP BENCH PRESS	3 x 12	50% of BP 1RM	
CURL-UP	3 x 12		

PRE-LIFT WARM-UP	<u>FRIDAY</u>		<u>WEIGHT USED</u>
DEAD LIFT	5 x 5	80% - 100% of Back Squat 1RM	
POWER CLEAN	5,4,3,2		
POWER SNATCH	4,3,2,1		
RACK JERK	4 x 5		