

ASC BASKETBALL



SUMMER SESSION 1

WEEKS 1, 2, & 3

PRE-LIFT WARM-UP		<u>MONDAY</u>	
BENCH PRESS	3 x concent.	65% of 1RM	
REVERSE GRIP BENCH PRESS	3 x concent.	55% of Bench Press 1RM	
CLOSE GRIP BENCH PRESS	3 x concent.	50% of Bench Press 1RM	
1 ARM ADDUCTOR	3 x 5 (each arm)		

PRE-LIFT WARM-UP		<u>TUESDAY</u>	
LAT PULL DOWN	3 x concent.		
CURL UP	3 x concent.		
FRONT PULL-UP	3 x concent.		
HANGING V-UP	3 x concent.		

PRE-LIFT WARM-UP		<u>WEDNESDAY</u>	
HANG CLEAN	10,8,8,6,6,4		
HANG SNATCH	8,6,6,4,4,3		
HANG CLEAN & JERK	5,5,3,3,3		
PUSH JERK	4 x 6		

PRE-LIFT WARM-UP		<u>THURSDAY</u>	
STANDING MILITARY	3 x concent.		
UPRIGHT ROW	3 x concent.		
POWER SHRUG	3 x 10	100% of Power Clean 1RM	
BENT OVER ROW	3 x concent.		

PRE-LIFT WARM-UP		<u>FRIDAY</u>	
BACK FULL SQUAT	3 x concent.		
DEAD LIFT	4 x 6	150% of PC 1RM	
RDL	4 x 5	100% of PC 1RM	
NINJA ROLL	3 x 12	Bodyweight	

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SUMMER SESSION 1

WEEKS 4 & 5



PRE-LIFT WARM-UP	<u>MONDAY</u>	
HANG CLEAN	5,4,3,2,2,2	
POWER CLEAN	4,3,2,1,1	
RDL	4 x 6	
DEAD LIFT	5 x 5	
JUMP UP (36" – 48" box)	3 x 10	5 lb dumbbell in each hand

PRE-LIFT WARM-UP	<u>TUESDAY</u>	
BENCH PRESS / T-BAR ROW	5 x 5 / 5 x 10	
BENT OVER ROW / SEATED ROW	4 x 6 / 4 x 10	
REVERSE GRIP BENCH PRESS	5 x 5	
CURL-UP	3 x 15	
PREACHER CURL	3 x 10	

PRE-LIFT WARM-UP	<u>WEDNESDAY</u>	
STANDING MILITARY PRESS	4 x 8	
BEHIND THE NECK PULL-UP	4 x 8	
6 POINT SHOULDER	3 x 6	
FRONT PULL-UP	3 x 12	Bodyweight, add weight if necessary
FRONT RAISE	3 X 8	45 lb bar or heavier

PRE-LIFT WARM-UP	<u>THURSDAY</u>	
OVERHEAD SQUAT	4 x 8	
FRONT SQUAT	4 x 6	
BACK SQUAT	5 x 5	
NINJA ROLL	3 x 12	

PRE-LIFT WARM-UP	<u>FRIDAY</u>	
HANG CLEAN	4 x 8	
POWER CLEAN	4 x 6	
GLUTE-HAM CURL	3 x 10	
JUMP UP (36" – 48" box)	3 x 10	5 lb dumbbell in each hand