



MEN'S BASKETBALL

POST-SEASON (TRANSITION)

Weeks 1 – 3 (March 23 – April 10)

PRE-LIFT WARM-UP	<u>MONDAY</u>	<u>WEIGHT USED</u>
OVERHEAD FULL SQUAT	3 x 10	
FRONT FULL SQUAT	3 x 12	
BACK FULL SQUAT	3 x 15	
RDL / 3 POSITION ROMAN	3 x 20 / 3 x 5	

PRE-LIFT WARM-UP	<u>TUESDAY</u>	<u>WEIGHT USED</u>
HANG SNATCH	3 x 8	
HANG CLEAN	3 x 8	
BENCH PRESS	3 x concentration	
REVERSE GRIP BENCH PRESS	3 x concentration	

PRE-LIFT WARM-UP	<u>THURSDAY</u>	<u>WEIGHT USED</u>
SQUAT SNATCH	3 x 5	
SQUAT CLEAN	3 x 5	
STANDING MILITARY	3 x 10	
BEHIND THE NECK PULL-UP	3 x 12	

PRE-LIFT WARM-UP	<u>FRIDAY</u>	<u>WEIGHT USED</u>
BACK PARALLEL SQUAT	3 x 10	
FIRST PULL	3 x 8	
OVERHEAD SPLIT SQUAT	3 x 10	
GLUTE-HAM CURL	3 x 12	



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Week 4 (April 13 - 17)

PRE-LIFT WARM-UP	<u>MONDAY</u>	<u>WEIGHT USED</u>
NEGATIVE BENCH PRESS	5 x 5	
BENT OVER ROW	3 x 12	
INCLINE BENCH PRESS	3 x 8	
FRONT PULL-UP	3 x 12	

PRE-LIFT WARM-UP	<u>TUESDAY</u>	<u>WEIGHT USED</u>
HANG SNATCH	3 x 5	
HANG CLEAN	3 x 5	
RACK JERK	4,3,3,2	
PUSH PRESS	3 x 8	

PRE-LIFT WARM-UP	<u>THURSDAY</u>	<u>WEIGHT USED</u>
SQUAT SNATCH	3 x 5	
MAD DOG	3 x 5	
DUMBBELL MILITARY	3 x 10	
BEHIND THE NECK PULL-UP	3 x 12	

PRE-LIFT WARM-UP	<u>FRIDAY</u>	<u>WEIGHT USED</u>
BACK PARALLEL SQUAT	4 x 10	
FIRST PULL	3 x 5	
SNATCH BALANCE	3 x 6	
GLUTE-HAM CURL	3 x 12	



MEN'S BASKETBALL

POST-SEASON (TRANSITION)

Weeks 5 – 6 (April 20 – May 1)

PRE-LIFT WARM-UP	<u>MONDAY</u>	<u>WEIGHT USED</u>
BENCH PRESS	10,8,8,6	
REVERSE GRIP BENCH PRESS	12,10,10	
DIPS	3 x 15	
FRONT PULL-UP	3 x 12	

PRE-LIFT WARM-UP	<u>TUESDAY</u>	<u>WEIGHT USED</u>
OVERHEAD SQUAT	3 x 10	
SQUAT SNATCH	5,4,4,3	
POWER CLEAN	4,3,3,2,1	
FRONT FULL SQUAT	4 x 10	

PRE-LIFT WARM-UP	<u>THURSDAY</u>	<u>WEIGHT USED</u>
DEAD LIFT	5 x 5	
RDL	4 x 8	
3 POSITION ROMAN	3 x 5	
GLUTE-HAM CURL	4 x 12	

PRE-LIFT WARM-UP	<u>FRIDAY</u>	<u>WEIGHT USED</u>
DUMBBELL BENCH PRESS	4 x 8	
DUMBBELL MILITARY PRESS	4 x 8	
SEATED ROW	3 x 10	
CABLE PULL-DOWN (row handle)	3 x 12	