

Monday and Friday – Phase 3

1. Warm-up: 5 minutes skipping with a rope
2. Complete Phase 2 of Cuff Weight program
3. Weight Program:

Exercise:	Sets X Reps:	Load:	Tempo:	Weight lifted:
Squats	4 X 4-6	Heavy	Controlled	/ / /
Alternating shoulder raises	4 X 6-8 each arm	Heavy	Controlled	/ / /
REST (4 minutes)				
BB bench press	4 X 4-6	Heavy	Controlled	
Lat pull-down to chest	4 X 4-6	Heavy	Controlled	/ / /
REST (4 minutes)				
Seated Row	4 X 4-6	Heavy	Controlled	/ / /
DB incline press	4 X 6-8	Heavy	Controlled	/ / /

4. Cool down
5. Core circuit

Wednesday – Phase 3

1. Warm-up: 5 minutes skipping with a rope
2. Trunk to tree top: 2 X 6 each direction and do phase 2 of cuff weight program
3. Weight Program:

Exercises:	Sets X Reps:	Load:	Tempo:	Weight Lifted:
DB bench press on ball	2 X 6-8	As tolerated	Controlled	/ / /
Bosu push-up with hop	2 X 6	BW	Controlled	/ / /
REST (3 minutes)				
Lunges - DB	2 X 6-8 each leg	As tolerated	Controlled	/ / /
Big Box jumps or jump laterally over a cone	2 X 6	BW	Controlled	/ / /
REST (3 minutes)				
Lat pull to waist	2 X 6-8	As tolerated	Controlled	/ / /
Bicep curl with step-up	2 X 6-8	As tolerated	Controlled	/ / /
Tricep pushdown	2 X 6-8	As tolerated	Controlled	/ / /
REST (3 minutes)				
Reverse flies	2 X 6-8	As tolerated	Controlled	/ / /
Alternating diagonal shoulder raise on Bosu	2 X 6-8	As tolerated	Controlled	/ / /

4. Cool down
5. Core circuit

Tuesday and Thursday – Phase 3

❖ Complete Warm up

1. Agility

- T drill – (see T drill in phase 2) complete 2 sets
- Ladder – pushup position thru ladder and finish with sprint, lateral shuffle, hopscotch, speed skater jumps (2 sets of each)
- X drill (see phase 1) use a baseball and have a partner toss to each cone – do 2 sets
- shuttle drill – divide court into thirds – sprint and backpedal back – 2 sets

2. Strength Circuit:

Complete the following circuit X3 with 1-minute rest in between:

- a. Alternating leg box jump
 - 10 jump each leg
- b. Med ball heaves - with partner, big distance, let ball bounce on landing
 - 10 heaves in total:
 - Alternating 1 heave between the legs, 1 rotating left, 1 rotating right
- c. Resisted bat swing or chopping exercises with DB or plate
 - 10 swings each side

Core Circuit- Phase 3

Complete each of the following exercises **X2** for **30 seconds** each **continuously**:

- Front plank
- Leg lowers
- Windshield wipers
- Side plank
- Side plank (other side)
- Heel touches
- Hip lifts
- Superman
- V-sit
- V-sit with rotation
- Side crunches
- Side crunches (other side)