

# 2012 FALL PRE SEASON 5 WEEK SEP 1 – OCT 1

MONDAY WARM UP	TUESDAY WARM UP	THURSDAY WARM UP	FRIDAY WARM UP
		<b>Recovery</b>	
Inch worm	Inch worm	20min light run	Inch worm
Atlas	Lunge w/twist	10min stretch	Heel up/ grab
High knee grab	Heel up/grab		Foot to hip
Foot to hip	RDL walk		Swing kicks
H/knees	Butt kicks		Butt kicks
Leg swing skip	H/knee carioca		Leg swing skip
BWD reach run	H/knee open hip		H/knee carioca
shuffle to sprint	Wall glides		Lean, fall, run
Foot Quicks	<b>Foot Quicks</b>	<b>Foot Quicks</b>	<b>Foot Quicks</b>
Lines 6x8sec	Dots 4x8sec	Ladders 4x	Ropes 4x30sec
Stabilization	<b>Med balls</b>	<b>Linear (to be completed after lifts)</b>	<b>Med balls</b>
Single leg clocks 1x	40 thows	Sled pulls 2 FWDx2min	40 rotational throws
L-jumps 2x		1 BWDx2min	
Standing band walks 2x			
<b>CORE</b>	<b>CORE</b>	<b>CORE</b>	<b>CORE</b>
-Knee to Heal 2 x 25	-Side Crunches 2 x 15	-Knee to Heal 2 x 25	-Side Crunches 2 x 15
-Side Crunches 2 x 15	-Pendulums 2 x 15	-Partner Leg Raises 2 x 15	-Pendulums 2 x 15
-Roman Chair 2 x 15	-T-Rotations 2 x 8	-Roman Chair 2 x 15	-T-Rotations 2 x 8
-Back Extensions 2 X 10			
<b>STRENGTH</b>	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>STRENGTH</b>
Hang Clean 3 X 5 ( _____ )	-Speed Complex 2 x 8	-Speed Complex 2 x 8	-Speed Complex 2 x 8
Box Jumps (3 X10)			-Push Press 3 x 10
Back Squat (3X10)	-Incline Bench 3 x 10	-Front Squat 3 x 10	
Front Squat (3X10)			-Flat Bench 3 x 12



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<b>Explosive Leg Press (3 X10)</b>	<b>-Pronated Pull Ups 3 x 8</b>	<b>-RDL 3 x 8</b>	
<b>Leg Curls (3X10)</b>	<b>-Flat DB Press 3 x 8</b>	<b>-Split Squat 3 x 8</b>	<b>-Incline DB Press 3 x 8</b>
	<b>-DB Rows 3 x 8</b>	<b>-Band Adduction 3x8</b>	<b>-Seated Cable Rows 3 x 8</b>
<b>-Calf Raise Choice 3 x 8</b>	<b>-DB hammer 3 x 8</b>	<b>-Calf Raise Choice 3 x 8</b>	<b>-Shoulder Complex 3 x 8</b>
<b>Speed complex is hang snatch to overhead squat for 8 reps and back squat to push press for 8 reps.</b>	<b>-Tricep Choice 3 x 8</b>		<b>-Rack Rows 3 x 8</b>
	<b>-Band hand walks 2x1 min</b>		<b>-Band hand walks 2x1 min</b>
			<b>Shoulder Complex is front, side, and rear delt raises in order with no rest.</b>
<b>POST WORK</b>	<b>POST WORK</b>	<b>POST WORK</b>	<b>POST WORK</b>
A-A/S-C	K-B	K-D/S-D	A-C

