

College Name				Dj								SPP	Summer	9	List								
Day 2																							
				Week 1				Week 2				Week 3				Week 4				Dynamic Warm up 10yd			
				%	Range	WT	Reps	%	Range	WT	Reps	%	Range	WT	Reps	%	Range	WT	Reps				
Medical/Rehab/Pre-hab																				Knee Pull			
Neck (Lateral)					12	MR			12	MR			12	MR			12	MR		Quad Pull			
Holds					30s	45			30s	45			30s	45			30s	45		Lateral Lunges			
Specific Movement Prep				BP 1x5	90	40%		BP 1x5	90	40%		BP 1x5	90	40%		BP 1x5	90	40%		Straight Leg Kick			
				Chest Fly		12		Chest Fly		12		Chest Fly		12		Chest Fly		12		A-skip			
				MB Slams		8		MB Slams		8		MB Slams		8		MB Slams		8		B-skip			
				BP DL 1x3	110	50%		BP DL 1x3	110	50%		BP DL 1x3	110	50%		BP DL 1x3	110	50%		Backpedal			
				Bushwackers		20		Bushwackers		20		Bushwackers		20		Bushwackers		20		Shuffle			
				MB Slams		8		MB Slams		8		MB Slams		8		MB Slams		8		Caroica High Knee			
				BP DL 1x1	130	60%		BP DL 1x1	130	60%		BP DL 1x1	130	60%		BP DL 1x1	130	60%		Hard Sprint x 2			
				Band lat Stretch LT,RT		15s		Band lat Stretch LT,RT		15s		Band lat Stretch LT,RT		15s		Band lat Stretch LT,RT		15s		Lift Begins			
				Band Tricep Press		20		Band Tricep Press		20		Band Tricep Press		20		Band Tricep Press		20	Post Lift				
Max Strength	Bench Press			65%	5	145		70%	3	155		75%	5	165		65%	5	145		Box Drill		Reps	Rest
				75%	5	165		80%	3	175		85%	3	185		75%	5	165		45 Degree		Reps	Rest
				85%	5+	185		90%	3+	200		95%	1+	210		85%	5	185		M - Drill		Reps	Rest
				Lifting Max BP	100%		0			0			0			0			0		Figure 8		Reps
						0			0			0			0			0		3ea		30s	
Speed	Hang Clean			40%	4	140		40%	4	140		45%	4	160		45%	4	160		2 minute break			
				Figure 4 Crunch x 20 LT	Figure 4 Crunch x 20 LT				Figure 4 Crunch x 20 LT				Figure 4 Crunch x 20 LT				5.10.5			Reps	Rest		
				40%	4	140		40%	4	140		45%	4	160		45%	4	160		10		20s	
				Lifting Max SQ	100%		355	Figure 4 Crunch x 20 RT				Figure 4 Crunch x 20 RT				Figure 4 Crunch x 20 RT							
				40%	4	140		40%	4	140		45%	4	160		45%	4	160		Thrusday			
REP	BB RDL				6				6				5				5			Dynamic Warm Up			
				Plank x 30s	Plank x 30s				Plank x 30s				Plank x 30s				PNF						
				6				6				5				5			Sled Push			Reps	Rest
				Plank x 30s	Plank x 30s				Plank x 30s				Plank x 30s				Band Sprints			Reps	Rest		
REP	45 Degree Lunges				5ea				5ea				5ea				5ea			6		20s	
				Birddog x 12	Birddog x 12				Birddog x 12				Birddog x 12				Flying Sprints 40 yd : 50%,75%,100%			Reps	Rest		
				5ea				5ea				5ea				5ea			3		Full		
				Birddog x 12	Birddog x 12				Birddog x 12				Birddog x 12				Star Drill :15seconds on			Reps	Rest		
REP	BB Row				8				8				8				8			4		18s	
				Plate Bends x 20 LT	Plate Bends x 20 LT				Plate Bends x 20 LT				Plate Bends x 20 LT				Rest 3 minutes						
				8				8				8				8			MAS 110 Slow Time :20seconds		Reps	Rest	
				Plate Bends x 20 RT	Plate Bends x 20 RT				Plate Bends x 20 RT				Plate Bends x 20 RT				:12			38 sec			
Single Joint	Band Lat Pulls down				8				8				8				8			Snacks			
				8																			
				8																			
				8																			
	Split squat				8				8				8				8			Band Stretch			
				8																			
				8																			
				8																			
Tate Press				8				8				8				8			Times				
			8																				
GB squat Hold				8				8				8				8							
			8																				

"Just play. Have fun. Enjoy the game." -Michael Jordan