

Basketball Strength & Conditioning: Pre-season Conditioning Block

Name: _____

Monday, November 10, 2014, 6:30-7:30 PM					
Box Squat	2x50%	2x60%	2x70%	1x80%	8 (Light)
<i>Barbell Complex 1—Rest Only After Completion of Last Exercise</i>					
<i>Weight:</i>					
1. BB Hang Snatch	8	8	8	8	8
2. BB Lunges	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
3. BB Rows	8	8	8	8	8
4. BB Reverse Lunges	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
5. BB Upright Row	8	8	8	8	8
6. BB Curl	8	8	8	8	8
Group: Med Ball Partner Kneeling Rotations—Race to 150 (75 Each)					

Wednesday, November 12, 2014, 6:30-7:30 PM					
Overhead Press	2x50%	2x60%	2x70%	1x80%	8 (Light)
<i>Barbell Complex 2—Rest Only After Completion of Last Exercise</i>					
<i>Weight:</i>					
1. BB Hang Clean	8	8	8	8	8
2. BB Front Squat	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
3. BB Snatch Grip Shrug	8	8	8	8	8
4. BB Monster Walks	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
5. BB RDL	8	8	8	8	8
6. BB Reverse Curls	8	8	8	8	8
Group: Med Ball Partner Sit-up and Throws—Race to 100 (50 Each)					

Friday, November 12, 2014, 5:30-6:30 PM					
Hang Clean to Split Jerk	3	3	3	3	3
<i>Barbell Complex 2—Rest Only After Completion of Last Exercise</i>					
<i>Weight:</i>					
1. BB Split Squat	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
2. BB Cuban Press	8	8	8	8	8
3. BB Snatch Grip RDL	8	8	8	8	8
4. BB Step-ups	8L,8R	8L,8R	8L,8R	8L,8R	8L,8R
5. BB Reverse-grip Row	8	8	8	8	8
6. BB OH Triceps Ext.	8	8	8	8	8
Group: Med Ball Lying Press Passes—Race to 100 (50 Each)					