



# SALISBURY UNIVERSITY WOMEN'S BASKETBAL SUMMER 2011 II



Bench    Squat    Clean

| Day 1                                      |                  |        |      |        |      |                  |      |        |      | Day 2                 |       |                      |      |        |      |                     |                   |          |       | Day 4                    |       |                  |                    |        |      |        |      |          |       | Day 5                      |       |                     |      |        |     |        |     |        |     |
|--|------------------|--------|------|--------|------|------------------|------|--------|------|-----------------------|-------|----------------------|------|--------|------|---------------------|-------------------|----------|-------|--------------------------|-------|------------------|--------------------|--------|------|--------|------|----------|-------|----------------------------|-------|---------------------|------|--------|-----|--------|-----|--------|-----|
|  |                  | WO #13 |      | WO #17 |      | WO #21           |      | WO #25 |      |                       |       | WO #14               |      | WO #18 |      | WO #22              |                   | WO #26   |       |                          |       | WO #15           |                    | WO #19 |      | WO #23 |      | WO #27   |       |                            |       | WO #16              |      | WO #20 |     | WO #24 |     | WO #28 |     |
| Continuous Mobility                        |                  | A      | B    | C      | A    | Dynamic Mobility |      |        |      |                       |       |                      |      |        |      | Continuous Mobility |                   | C        | A     | B                        | C     | Dynamic Mobility |                    |        |      |        |      |          |       |                            |       | Continuous Mobility |      | A      | B   | C      | A   |        |     |
| Abs  | 3-Way Elbow Hold | :30    | :40  | :45    | :55  | Abs              | 10lb | 12     | 14   | 16                    | 18    | Abs                  | 12ea | 14ea   | 16ea | 18ea                | Abs               | 10ea     | 12ea  | 14ea                     | 16ea  | 18ea             | Abs                | 10ea   | 12ea | 14ea   | 16ea | 18ea     | 20    | 22                         | 24    | 24                  |      |        |     |        |     |        |     |
| Back Bridge                                |                  | :30    | :30  | :40    | :40  | Sit-ups          | 10lb | 10ea   | 12ea | 12ea                  | 14ea  | SL Accordions        | 10   | 12     | 14   | 16                  | SL Accordions     | 10       | 12    | 14                       | 16    | 16               | SL Accordions      | 10     | 12   | 14     | 16   | 16       | 10    | 12                         | 14    | 14                  | 14   |        |     |        |     |        |     |
| Plyos                                      | Hurdle Hops      | Stick  | 2x5  | 2x5    | 3x5  | 3x5              | 2x5  | 2x5    | 3x5  | 3x5                   | 3x5   | Seated Partner Punch | 2x5  | 2x5    | 3x5  | 3x5                 | 1-Leg Hurdle Hops | Stick    | 2x5e  | 2x5e                     | 3x5e  | 3x5e             | 1-Leg Zig-Zag Hops | Stick  | 2x5e | 2x5e   | 3x5e | 3x5e     | 2x5e  | 2x5e                       | 3x5e  | 3x5e                | 3x5e |        |     |        |     |        |     |
|  | Lat Hurdle Hops  | Stick  | 2x5  | 2x5    | 3x5  | 3x5              | 2x5e | 2x5e   | 3x5e | 3x5e                  | 3x5e  | Seated Side Throws   | 2x5e | 2x5e   | 3x5e | 3x5e                | Box Step-Offs     | 2x5      | 2x5   | 3x5                      | 3x5   | 3x5              | MB Woodchoppers    | Stick  | 2x8  | 2x8    | 3x8  | 3x8      | 2x8   | 2x8                        | 3x8   | 3x8                 | 3x8  |        |     |        |     |        |     |
|  | Hidens           | 2x6    | 2x6  | 3x6    | 3x6  | 2x5              | 2x5  | 3x5    | 3x5  | 3x5                   | 3x5   | MB Slams             | 2x5  | 2x5    | 3x5  | 3x5                 |                   |          |       |                          |       |                  | 1-Leg Box Step-off | Stick  | 2x5e | 2x5e   | 3x5e | 3x5e     | 2x5e  | 2x5e                       | 3x5e  | 3x5e                | 3x5e |        |     |        |     |        |     |
| EXERCISE                                   | tempo            | wt     | rep  | wt     | rep  | wt               | rep  | wt     | rep  | EXERCISE              | tempo | wt                   | rep  | wt     | rep  | wt                  | rep               | EXERCISE | tempo | wt                       | rep   | wt               | rep                | wt     | rep  | wt     | rep  | EXERCISE | tempo | wt                         | rep   | wt                  | rep  | wt     | rep |        |     |        |     |
| Hang Snatch                                | Exp.             |        | 5    |        | 5    |                  | 5    |        | 5    | Hang Clean            | Exp.  | 0                    | 5    | 0      | 5    | 0                   | 5                 | 0        | 5     | Push Jerk                | Exp.  |                  | 5                  |        | 5    |        | 5    |          | 5     | BB Complex                 | Exp.  |                     | 5ea  |        | 5ea |        | 5ea |        | 5ea |
|  | Exp.             |        | 5    |        | 5    |                  | 5    |        | 5    |                       | Exp.  | 0                    | 5    | 0      | 5    | 0                   | 5                 | 0        | 5     |                          | Exp.  |                  | 5                  |        | 5    |        | 5    |          | 5     |                            | Exp.  |                     | 5    |        | 5   |        | 5   |        | 5   |
|  | Exp.             |        | 5    |        | 5    |                  | 5    |        | 4    |                       | Exp.  | 0                    | 5    | 0      | 5    | 0                   | 5                 | 0        | 4     |                          | Exp.  |                  | 5                  |        | 5    |        | 5    |          | 4     |                            | Exp.  |                     | 5    |        | 5   |        | 5   |        | 5   |
|  | Exp.             |        | 5    |        | 5    |                  | 5    |        | 4    |                       | Exp.  |                      |      |        | 0    | 5                   | 0                 | 5        | 0     |                          | 4     | Exp.             |                    |        |      | 5      |      | 5        |       |                            | 4     | Exp.                |      |        |     |        |     |        |     |
| Y's,T's,I's On Incline                     |                  |        | 8ea  |        | 8ea  |                  | 10ea |        | 10ea | Shoulder Circuit      | 45    |                      | 8ea  |        | 8ea  |                     | 6ea               |          | 6ea   | Scarecrows               |       |                  | 10ea               |        | 10ea |        | 8ea  |          | 8ea   | Shoulder T-Drill           |       |                     | 8    |        | 8   |        | 6   |        | 6   |
|  |                  |        | 8    |        | 8    |                  | 10   |        | 10   |                       | Lat   |                      | 8    |        | 8    |                     | 6                 |          | 6     |                          |       |                  | 10                 |        | 10   |        | 8    |          | 8     |                            |       | 8                   |      | 8      |     | 6      |     | 6      |     |
|  |                  |        | 8    |        | 8    |                  | 10   |        | 10   |                       | Ext.  |                      | 8    |        | 8    |                     | 6                 |          | 6     |                          |       |                  | 10                 |        | 10   |        | 8    |          | 8     |                            |       | 8                   |      | 8      |     | 6      |     | 6      |     |
|  |                  |        |      |        |      |                  |      |        |      |                       |       |                      |      |        |      |                     |                   |          |       |                          |       |                  |                    |        |      |        |      |          |       |                            |       |                     |      |        |     |        |     |        |     |
| Front Squat                                | 3/1/x            | 0      | 10   | 0      | 10   | 0                | 8    | 0      | 8    | DB Bench              | 3/1/x |                      | 10   |        | 10   |                     | 8                 |          | 8     | 1-Leg Bench Squat        | 3/1/x |                  | 8ea                |        | 8ea  |        | 6ea  |          | 6ea   | BB C.G. Incline Bench      | 3/1/x |                     | 10   |        | 10  |        | 8   |        | 8   |
|  | 3/1/x            | 0      | 10   | 0      | 10   | 0                | 8    | 0      | 8    |                       | 3/1/x |                      | 10   |        | 10   |                     | 8                 |          | 8     |                          | 3/1/x |                  | 8                  |        | 8    |        | 6    |          | 6     |                            | 3/1/x |                     | 10   |        | 10  |        | 8   |        | 8   |
|  | 3/1/x            | 0      | 8    | 0      | 8    | 0                | 8    | 0      | 6    |                       | 3/1/x |                      | 8    |        | 8    |                     | 8                 |          | 6     |                          | 3/1/x |                  | 8                  |        | 8    |        | 6    |          | 6     |                            | 3/1/x |                     | 8    |        | 8   |        | 8   |        | 6   |
|  | 3/1/x            |        |      | 0      | 8    | 0                | 8    | 0      | 6    |                       | 3/1/x |                      |      |        | 8    |                     | 8                 |          | 6     |                          | 3/1/x |                  |                    |        | 8    |        | 8    |          | 6     |                            |       |                     |      |        |     |        |     |        |     |
| BB Front Press                             | 2/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    | DB Row                | x/1/3 |                      | 8ea  |        | 8ea  |                     | 6ea               |          | 6ea   | Hypers                   | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     | 1-Arm Pulldowns            | x/1/3 |                     | 8ea  |        | 8ea |        | 6ea |        | 6ea |
|  | 2/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    |                       | x/1/3 |                      | 8    |        | 8    |                     | 6                 |          | 6     |                          | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     |                            | x/1/3 |                     | 8    |        | 8   |        | 6   |        | 6   |
|  | 2/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    |                       | x/1/3 |                      | 8    |        | 8    |                     | 6                 |          | 6     |                          | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     |                            | x/1/3 |                     | 8    |        | 8   |        | 6   |        | 6   |
| Chin-Ups                                   | x/1/2            |        | 6    |        | 7    |                  | 7    |        | 8    | 1-Leg Squat On Box    | 3/1/x |                      | 6ea  |        | 6ea  |                     | 8ea               |          | 8ea   | Lat. Pulldowns           | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     | KB Lunge Walks             |       |                     | 24   |        | 24  |        | 20  |        | 20  |
|  | x/1/2            |        | 6    |        | 6    |                  | 6    |        | 7    |                       | 3/1/x |                      | 6    |        | 6    |                     | 8                 |          | 8     |                          | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     |                            |       | 24                  |      | 24     |     | 20     |     | 20     |     |
|  | x/1/2            |        | 5    |        | 5    |                  | 6    |        | 6    |                       | 3/1/x |                      | 6    |        | 6    |                     | 8                 |          | 8     |                          | x/1/3 |                  | 8                  |        | 8    |        | 6    |          | 6     |                            |       | 24                  |      | 24     |     | 20     |     | 20     |     |
| BB RDL                                     | 3/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    | SL Buck (Heel On)     | x/2/3 |                      | 8ea  |        | 8    |                     | 10ea              |          | 10ea  | St. Arm Roatation w/band | x/1/3 |                  | 8ea                |        | 8ea  |        | 10ea |          | 10ea  | Lying DB Tricep Ext.       | 2/1/x |                     | 10   |        | 10  |        | 8   |        | 8   |
|  | 3/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    |                       | x/2/3 |                      | 8    |        | 8    |                     | 10                |          | 10    |                          | x/1/3 |                  | 8                  |        | 8    |        | 10   |          | 10    |                            | 2/1/x |                     | 10   |        | 10  |        | 8   |        | 8   |
|  | 3/1/x            |        | 8    |        | 8    |                  | 6    |        | 6    |                       | x/2/3 |                      | 8    |        | 8    |                     | 10                |          | 10    |                          | x/1/3 |                  | 8                  |        | 8    |        | 10   |          | 10    |                            | 2/1/x |                     | 10   |        | 10  |        | 8   |        | 8   |
| Scap Circuit (Dips, Pushups, Shrugs, Rows) |                  |        | x2   |        | x2   |                  | x2   |        | x2   | MR Ant. Tibialis      |       |                      | 10   |        | 10   |                     | 12                |          | 12    | Lat. Band Walks          |       |                  | 8ea                |        | 8ea  |        | 10ea |          | 10ea  | Alt. DB Curls              |       |                     | 8ea  |        | 8ea |        | 6ea |        | 6ea |
|  |                  |        | 10ea |        | 10ea |                  | 12ea |        | 12ea |                       |       |                      | 10   |        | 10   |                     | 12                |          | 12    |                          |       |                  | 8                  |        | 8    |        | 10   |          | 10    |                            |       | 8                   |      | 8      |     | 6      |     | 6      |     |
| Walk of Death                              |                  |        | x1   |        | x2   |                  | x2   |        | x3   | Plate Pinchers        |       |                      | x1   |        | x2   |                     | x2                |          | x3    | Farmers Walk             |       |                  | x1                 |        | x2   |        | x2   |          | x1    | <b>Stretch of Choice!!</b> |       |                     |      |        |     |        |     |        |     |
|  |                  |        |      |        |      |                  |      |        |      |                       |       |                      |      |        |      |                     |                   |          |       |                          |       |                  |                    |        |      |        |      |          |       |                            |       |                     |      |        |     |        |     |        |     |
| <b>Static Stretch!!</b>                    |                  |        |      |        |      |                  |      |        |      | <b>Foam Stretch!!</b> |       |                      |      |        |      |                     |                   |          |       | <b>Band Stretch!!</b>    |       |                  |                    |        |      |        |      |          |       |                            |       |                     |      |        |     |        |     |        |     |

**"There's always the motivation of wanting to win. Everybody has that. But a champion needs, in his attitude, a motivation above and beyond winning."**

**Pat Riley**



# SALISBURY UNIVERSITY WOMEN'S BASKETBALL SUMMER 2011 III



| Day 1                              |       |        |     |        |     |  |      |                                |                      | Day 2                 |                      |   |     |                                 |                    |                    |                            |  |     | Day 4      |                 |            |            |   |     |                |                    |                    |                    | Day 5                          |  |                                 |                    |                    |                    |                    |  |                              |                              |             |             |                              |  |       |                              |                     |                     |                     |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|------------------------------------|-------|--------|-----|--------|-----|--|------|--------------------------------|----------------------|-----------------------|----------------------|---|-----|---------------------------------|--------------------|--------------------|----------------------------|--|-----|------------|-----------------|------------|------------|---|-----|----------------|--------------------|--------------------|--------------------|--------------------------------|--|---------------------------------|--------------------|--------------------|--------------------|--------------------|--|------------------------------|------------------------------|-------------|-------------|------------------------------|--|-------|------------------------------|---------------------|---------------------|---------------------|---------------|---------------|---------------|-------|---------------|-------|---------------|-------|---|---|---|----|----|----|-------------------|-------------------|-------------------|--|----|-------------------|-----|-----|-----|-----|-----|-----|---------------------|---------------------|---------------------|-----|---------------------|---|---|---|---|---|------------------|---|------------------|------------------|------------------|------------------|--|----|----|----|---|----|---|---|---|---|---|---|--|-----|---|---|---|---|-----|-----|-----|-----|---|---|-----|-----|-----|-----|-----|-----|
|                                    |       | WO #29 |     | WO #33 |     | WO #37   |      | WO #41                         |                      |                       |                      | WO #30  |     | WO #34                          |                    | WO #38             |                            | WO #42   |     |            |                 | WO #31     |            | WO #35  |     | WO #39         |                    | WO #43             |                    |                                |  | WO #32                          |                    | WO #36             |                    | WO #40             |  | WO #44                       |                              |             |             |                              |  |       |                              |                     |                     |                     |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
| Continuous Mobility                |       | B      | C   | A      | B   | Dynamic Mobility   |      | C                              | A                    | B                     | C                    | Continuous Mobility   |     | A                               | B                  | C                  | A                          | Dynamic Mobility   |     | B          | C               | A          | B          | Dynamic Mobility  |     | B              | C                  | A                  | B                  |                                |  |                                 |                    |                    |                    |                    |  |                              |                              |             |             |                              |  |       |                              |                     |                     |                     |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
| <b>Abs</b><br>3-Way Off-Bench Hold |       | :30    | :30 | :45    | :45 | <b>Abs</b><br>Sit-ups w/ twist<br>Alt. Accordions<br>Alt. V-Twist<br>Alt. Superman |      | 10lb 18<br>14<br>10lb 20<br>10 | 20<br>16<br>22<br>12 | 22<br>18<br>24<br>14  | 24<br>20<br>26<br>14 | <b>Abs</b><br>Alt. SL Accordions<br>Elbow Bench Obliques<br>Knee Tucks<br>Superdogs no eyes |     | 10lb 12ea<br>10ea<br>10ea<br>10 | 14ea<br>12ea<br>12 | 16ea<br>14ea<br>14 | 18ea<br>16ea<br>16ea<br>14 | <b>Abs</b><br>3-Way Band Holds<br>Diag up, Diag dwn,<br>Lat., OH |     | x2<br>:30e | x2<br>:35e      | x3<br>:40e | x3<br>:40e | <b>Plyos</b><br>Huride Hops<br>Lat Huride Hops<br>Lat. 2 Step |     | Cont.<br>Cont. | 2x5<br>2x5e<br>2x6 | 2x5<br>2x5e<br>2x6 | 3x5<br>3x5e<br>3x6 | 3x5<br>3x5e<br>3x6             | <b>Plyos</b><br>Standing Partner Punch<br>Standing Side Throws<br>Diag. Throwdowns |                                 | 2x5<br>2x5e<br>2x5 | 2x5<br>2x5e<br>2x5 | 3x5<br>3x5e<br>3x5 | 3x5<br>3x5e<br>3x5 | <b>Plyos</b><br>1-Leg Lat. Hops<br>Box Jumps |                              | Stick<br>2x5e<br>2x5         | 2x5e<br>2x5 | 3x5e<br>3x5 | 3x5e<br>3x5                  | <b>Plyos</b><br>1-Leg Zig-Zag Hops<br>Face the wall side throw<br>1-Leg Box Jump |       | Cont.<br>2x5e<br>2x8<br>2x5e | 2x5e<br>2x8<br>2x5e | 3x5e<br>3x8<br>3x5e | 3x5e<br>3x8<br>3x5e |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
| EXERCISE                           | tempo | wt     | rep | wt     | rep | wt   | rep  | wt                             | rep                  | EXERCISE              | tempo                | wt  | rep | wt                              | rep                | wt                 | rep                        | wt   | rep | EXERCISE   | tempo           | wt         | rep        | wt  | rep | wt             | rep                | wt                 | rep                | EXERCISE                       | tempo  | wt                              | rep                | wt                 | rep                | wt                 | rep  | wt                           | rep                          |             |             |                              |  |       |                              |                     |                     |                     |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
| Hang Snatch                        | Exp.  |        | 5   |        | 5   |  | 4    |                                | 4                    | Clean Pull            | Exp.                 | 0   | 5   | 0                               | 5                  | 0                  | 4                          | 0  | 4   | 0          | 3               | Push Jerk  | Exp.       |   | 5   |                | 5                  |                    | 4                  |                                | 4  | Lunge Series<br>Fwd, 45,<br>Bck | Exp.               |                    | 5ea                |                    | 5ea  |                              | 4ea                          |             | 4ea         | Front<br>Side<br>Bck         | Exp.   |       | 5                            |                     | 5                   |                     | 4             |               | 4             | Exp.  |               | 5     |               | 5     |   | 4 |   | 4  |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|                                    | Exp.  |        | 4   |        | 4   |  | 4    |                                | 4                    |                       | Exp.                 | 0   | 5   | 0                               | 4                  | 0                  | 4                          | 0  | 4   | 0          | 3               |            | Exp.       |   | 5   |                | 4                  |                    | 3                  |                                | 3  |                                 | Exp.               |                    | 5                  |                    | 5  |                              | 4                            |             | 4           |                              | Exp.   |       | 5                            |                     | 5                   |                     | 4             |               | 4             |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|                                    | Exp.  |        | 4   |        | 4   |  | 3    |                                | 3                    |                       | Exp.                 | 0   | 4   | 0                               | 4                  | 0                  | 3                          | 0  | 3   | 0          | 3               |            | Exp.       |   | 4   |                | 4                  |                    | 3                  |                                | 3  |                                 | Exp.               |                    | 5                  |                    | 5  |                              | 4                            |             | 4           |                              | Exp.   |       | 5                            |                     | 5                   |                     | 4             |               | 4             |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|                                    | Exp.  |        | 4   |        | 3   |  | 3    |                                |                      |                       | Exp.                 |   | 4   |                                 | 0                  | 4                  | 0                          | 3  |     |            |                 |            | Exp.       |   | 4   |                | 4                  |                    | 3                  |                                |  |                                 | Exp.               |                    | 5                  |                    | 5  |                              | 4                            |             | 4           |                              | Exp.   |       | 5                            |                     | 5                   |                     | 4             |               | 4             |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|                                    | Exp.  |        | 4   |        | 3   |  |      |                                |                      |                       | Exp.                 |   | 4   |                                 | 0                  | 4                  | 0                          | 3  |     |            |                 |            | Exp.       |   | 4   |                | 4                  |                    | 3                  |                                |  |                                 | Exp.               |                    | 5                  |                    | 5  |                              | 4                            |             | 4           |                              | Exp.   |       | 5                            |                     | 5                   |                     | 4             |               | 4             |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
| Y's,T's,I's<br>On Stab. Ball       |       |        | 8ea |        | 8ea |  | 10ea |                                | 10ea                 | Alt. Shoulder Circuit | 45                   | 6ea   |     | 6ea                             |                    | 5ea                |                            | 5ea  |     |            | Rvs. Scarecrows |            | 8ea        |   | 8ea |                | 6ea                |                    | 6ea                | Push-up<br>Shoulder<br>Circuit | Front  |                                 | 5ea                |                    | 5ea                |                    | 4ea  |                              | 4ea                          | Side<br>Bck | Side        |                              | 5  |       | 5                            |                     | 4                   |                     | 4             | bck           | bck           |       | 5             |       | 5             |       | 4 |   | 4 |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |
|                                    |       |        | 8   |        | 8   |  | 10   |                                | 10                   |                       | Lat                  |   | 6   |                                 | 6                  |                    | 5                          |  | 5   |            |                 |            | 8          |   | 8   |                | 6                  |                    | 6                  |                                | Shoulder   | Side                            |                    | 5                  |                    | 5                  |  | 4                            |                              |             | 4           | DB<br>Incline Bench<br>Press | 3/1/x  |       | 8                            |                     | 8                   |                     | 6             |               |               | 6     | Inverted Rows | x/1/3 |               | 8     |   | 8 |   | 9  |    | 10 |                   | 10                | KB<br>Lat. Squats |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea | Ticep<br>Push downs |                     |                     | 8   |                     | 8 |   | 6 |   | 6 | E-Z Bar<br>Curls |   |                  | 10               |                  | 10               |  | 8  |    | 8  | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |    |   | 8 |   | 8   |   | 7   |  | 7/6 |   |   | 8 |   | 8/7 |     |     | 1/9 |   |   | 8   |     | 8/7 |     |     | 1/9 |
|                                    |       |        | 8   |        | 8   |  | 10   |                                | 10                   |                       | Ext                  |   | 6   |                                 | 6                  |                    | 5                          |  | 4   |            |                 |            | 8          |   | 8   |                | 6                  |                    | 6                  |                                | Front  | Side                            |                    | 5                  |                    | 5                  |  | 4                            |                              |             | 4           |                              | DB<br>Incline Bench<br>Press   | 3/1/x |                              | 8                   |                     | 8                   |               |               | 6             |       |               | 6     | Inverted Rows | x/1/3 |   | 8 |   | 8  |    | 9  |                   | 10                |                   |  | 10 | KB<br>Lat. Squats |     |     | 8ea |     | 8ea |     |                     | 8ea                 |                     | 6ea | Ticep<br>Push downs |   |   | 8 |   | 8 |                  |   | 6                |                  | 6                | E-Z Bar<br>Curls |  |    | 10 |    |   | 10 |   | 8 |   | 8   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | Bench                | 3/1/x                 | 0                    | 8   | 0   | 8                               | 0                  | 8                  | 0                          | 8  |     |            | 8ea             |            | 8ea        |   | 6ea |                | 6ea                | Side               | Bck                |                                | 5  |                                 | 5                  |                    | 4                  |                    | 4  | DB<br>Incline Bench<br>Press | 3/1/x                        |             | 8           |                              |  |       | 8                            |                     | 6                   |                     | 6             | Inverted Rows | x/1/3         |       |               | 8     |               |       | 8 |   | 9 |    | 10 |    | 10                | KB<br>Lat. Squats |                   |  |    |                   | 8ea |     | 8ea |     | 8ea |     |                     | 6ea                 | Ticep<br>Push downs |     |                     |   | 8 |   | 8 |   |                  | 6 |                  | 6                | E-Z Bar<br>Curls |                  |  |    | 10 |    |   | 10 |   | 8 |   | 8   |   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |  |     | 8 |   | 8 |   | 7   |     | 7/6 |     |   | 8 |     | 8/7 |     |     | 1/9 |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                | bck                |                                | 5  |                                 | 5                  |                    | 4                  |                    | 4  |                              | DB<br>Incline Bench<br>Press | 3/1/x       |             | 8                            |  |       | 8                            |                     | 6                   |                     | 6             |               | Inverted Rows | x/1/3 |               | 8     |               |       | 8 |   | 9 |    | 10 |    | 10                |                   | KB<br>Lat. Squats |  |    |                   | 8ea |     | 8ea |     | 8ea |     | 6ea                 | Ticep<br>Push downs |                     |     |                     |   | 8 |   | 8 |   | 6                |   | 6                | E-Z Bar<br>Curls |                  |                  |  |    | 10 |    | 10  |    | 8 |   | 8   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |  |     | 8 |   | 8 |   | 7   |     | 7/6 |     |   | 8 |     | 8/7 |     |     | 1/9 |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  | DB<br>Incline Bench<br>Press                 |                              |                              | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   | Inverted Rows |               |               | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 | KB<br>Lat. Squats |                   |                   |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea | Ticep<br>Push downs |                     |                     |     |                     | 8 |   | 8 |   | 6 |                  | 6 | E-Z Bar<br>Curls |                  |                  |                  |  | 10 |    | 10 |   | 8  |   | 8 | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  |  | DB<br>Incline Bench<br>Press |                              | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   |               | Inverted Rows |               | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 |                   | KB<br>Lat. Squats |                   |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea |                     |                     | Ticep<br>Push downs |     |                     | 8 |   | 8 |   | 6 |                  | 6 |                  |                  | E-Z Bar<br>Curls |                  |  | 10 |    | 10 |   | 8  |   | 8 |   |   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  |  |                              | DB<br>Incline Bench<br>Press | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   |               |               | Inverted Rows | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 |                   |                   | KB<br>Lat. Squats |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea |                     | Ticep<br>Push downs |                     |     |                     | 8 |   | 8 |   | 6 |                  | 6 |                  | E-Z Bar<br>Curls |                  |                  |  | 10 |    | 10 |   | 8  |   | 8 |   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  | DB<br>Incline Bench<br>Press                 |                              |                              | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   | Inverted Rows |               |               | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 | KB<br>Lat. Squats |                   |                   |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea | Ticep<br>Push downs |                     |                     |     |                     | 8 |   | 8 |   | 6 |                  | 6 | E-Z Bar<br>Curls |                  |                  |                  |  | 10 |    | 10 |   | 8  |   | 8 | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  |  | DB<br>Incline Bench<br>Press |                              | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   |               | Inverted Rows |               | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 |                   | KB<br>Lat. Squats |                   |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea |                     |                     | Ticep<br>Push downs |     |                     | 8 |   | 8 |   | 6 |                  | 6 |                  |                  | E-Z Bar<br>Curls |                  |  | 10 |    | 10 |   | 8  |   | 8 |   |   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  |  |                              | DB<br>Incline Bench<br>Press | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   |               |               | Inverted Rows | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 |                   |                   | KB<br>Lat. Squats |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea |                     | Ticep<br>Push downs |                     |     |                     | 8 |   | 8 |   | 6 |                  | 6 |                  | E-Z Bar<br>Curls |                  |                  |  | 10 |    | 10 |   | 8  |   | 8 |   | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           | 3/1/x                | 0                     | 8                    | 0   | 8   | 0                               | 8                  | 0                  | 6                          | 0  | 6   |            |                 | 8ea        |            | 8ea   |     | 6ea            |                    | 6ea                |                    | 5                              |  | 5                               |                    | 4                  |                    | 4                  | DB<br>Incline Bench<br>Press                 |                              |                              | 3/1/x       |             | 8                            |  | 8     |                              | 6                   |                     | 6                   | Inverted Rows |               |               | x/1/3 |               | 8     |               | 8     |   | 9 |   | 10 |    | 10 | KB<br>Lat. Squats |                   |                   |  |    | 8ea               |     | 8ea |     | 8ea |     | 6ea | Ticep<br>Push downs |                     |                     |     |                     | 8 |   | 8 |   | 6 |                  | 6 | E-Z Bar<br>Curls |                  |                  |                  |  | 10 |    | 10 |   | 8  |   | 8 | Upper Circuit<br>Push-ups<br>Pull-ups<br>Inv. Row<br>Lat. Raise |   |   |   |  | 8   |   | 8 |   | 7 |     | 7/6 |     |     | 8 |   | 8/7 |     |     | 1/9 |     |     |
|                                    |       | 8ea    |     | 8ea    |     | 10ea   |      | 10ea                           |                      |                       |                      |   |     |                                 |                    |                    |                            |  |     |            |                 |            |            |   |     |                |                    |                    |                    |                                |  |                                 |                    |                    |                    |                    |  |                              |                              |             |             |                              |  |       |                              |                     |                     |                     |               |               |               |       |               |       |               |       |   |   |   |    |    |    |                   |                   |                   |  |    |                   |     |     |     |     |     |     |                     |                     |                     |     |                     |   |   |   |   |   |                  |   |                  |                  |                  |                  |  |    |    |    |   |    |   |   |   |   |   |   |  |     |   |   |   |   |     |     |     |     |   |   |     |     |     |     |     |     |



# SALISBURY UNIVERSITY WOMEN'S BASKETBALL SUMMER 2011 IV



| Day 1                  |                        |            |            |           |           |                  |                             |        |    | Day 2 |       |        |      |                        |                             |                           |      |        |               | Day 4 |      |                          |      |  |                                 |        |      |             |       | Day 5 |            |        |                       |        |      |        |       |        |     |   |   |
|------------------------|------------------------|------------|------------|-----------|-----------|------------------|-----------------------------|--------|----|-------|-------|--------|------|------------------------|-----------------------------|---------------------------|------|--------|---------------|-------|------|--------------------------|------|--|---------------------------------|--------|------|-------------|-------|-------|------------|--------|-----------------------|--------|------|--------|-------|--------|-----|---|---|
|                        |                        | WO #45     |            | WO #49    |           | WO #53           |                             | WO #56 |    |       |       | WO #46 |      | WO #50                 |                             | WO #54                    |      | WO #58 |               |       |      | WO #47                   |      | WO #51   |                                 | WO #55 |      | WO #59      |       |       |            | WO #48 |                       | WO #52 |      | WO #56 |       | WO #60 |     |   |   |
| Continuous Mobility    |                        | C          | A          | B         | C         | Dynamic Mobility |                             |        |    | A     | B     | C      | A    | Continuous Mobility    |                             |                           |      | B      | C             | A     | B    | Dynamic Mobility         |      |  |                                 | C      | A    | B           | C     |       |            |        |                       |        |      |        |       |        |     |   |   |
| Abs                    | 1-Leg Elbow Bridges    | :30        | :30        | :45       | :45       | Abs              |                             |        |    | 12    | 14    | 16     | 18   | Abs                    |                             |                           |      | 10lb   | 20            | 22    | 24   | 26                       | Abs  |  |                                 |        | 20   | 22          | 24    | 26    |            |        |                       |        |      |        |       |        |     |   |   |
| Back Bridge            |                        | :30        | :30        | :40       | :40       | MB Abs.          |                             |        |    | 10ea  | 10ea  | 12ea   | 12ea | Reach Ups              |                             |                           |      | 14     | 16            | 18    | 20   | Stab Ball Abs.           |      |  |                                 | 10ea   | 12ea | 14ea        | 16ea  |       |            |        |                       |        |      |        |       |        |     |   |   |
| Plyos                  | Continuous Hurdle Hops | x2<br>:10s | x2<br>:10s | x2<br>15s | x2<br>15s | Sit-Up Throws    |                             |        |    | 10    | 12    | 14     | 14   | SL Trunk Twist         |                             |                           |      | 8      | 10            | 12    | 14   | Crunch, Chops,           |      |  |                                 | 20     | 22   | 24          | 26    |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        | Front, Lateral, 1-leg  |            |            |           |           | Around the world |                             |        |    | 10ea  | 10ea  | 12ea   | 12ea | V-ups                  |                             |                           |      | 8      | 10            | 12    | 14   | Russ.Twist, Knee Tuck,   |      |  |                                 | 10ea   | 12ea | 14ea        | 16ea  |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        | Front, Lateral         |            |            |           |           | Superman         |                             |        |    | 10    | 12    | 14     | 14   | Superdogs across bench |                             |                           |      | 10     | 12            | 14    | 14   | Roll outs, Alt. Superman |      |  |                                 | 8/8    | 10   | 12          | 12    |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        | EXERCISE               | tempo      | wt         | rep       | wt        | rep              | wt                          | rep    | wt | rep   | wt    | rep    | wt   | rep                    | wt                          | rep                       | wt   | rep    | wt            | rep   | wt   | rep                      | wt   | rep  | wt                              | rep    | wt   | rep         | wt    | rep   | wt         | rep    | wt                    | rep    | wt   | rep    |       |        |     |   |   |
| DB Snatch              |                        | Exp.       | 5ea        | 5ea       | 4ea       | 3ea              | Hang Clean                  |        |    |       | Exp.  | 0      | 5    | 0                      | 4                           | 0                         | 4    | 0      | 4             | 0     | 4    | Jump Squats              |      |  |                                 | Exp.   | 5    | 5           | 4     | 4     | Dead Lifts |        |                       |        | Exp. | 5ea    | 5ea   | 5ea    | 5ea |   |   |
| Brady Circuit          |                        |            | 8ea        | 8ea       | 10ea      | 10ea             | Shoulder Lat-To-Front Raise |        |    |       | Front | 8ea    | 8ea  | 6ea                    | 6ea                         | Band Row-to-Ext. Rotation |      |        |               |       | 10ea | 10ea                     | 8ea  | 8ea  | 3-D Shoulder Circuit            |        |      |             |       | 8     | 8          | 6      | 6                     |        |      |        |       |        |     |   |   |
| Back Squat             |                        | 3/1/x      | 0          | 8         | 0         | 6                | 0                           | 6      | 0  | 5     | Bench |        |      |                        | 2/0/x                       | 0                         | 8    | 0      | 6             | 0     | 6    | 0                        | 5    | DB Step-Ups  |                                 |        |      | x/1/2       | 6ea   | 6ea   | 5ea        | 5ea    | Close Grip DB Incline |        |      |        | 2/1/x | 8      | 8   | 6 | 6 |
| Alt. DB OH Press       |                        | 2/1/x      | 6ea        | 6ea       | 5ea       | 5ea              | Seated Row                  |        |    |       | x/1/3 | 8      | 8    | 6                      | 6                           | Glute/Hams                |      |        |               | x/1/3 | 6    | 6                        | 8    | 8  | 1-Arm Inverted Rows             |        |      |             | x/1/2 | 6ea   | 7ea        | 8ea    | 8ea                   |        |      |        |       |        |     |   |   |
| Pull-ups               |                        | x/1/3      | 6          | 7         | 7         | 8                | 1-Leg Squat Behind On Bench |        |    |       | 3/1/x | 6ea    | 6ea  | 8ea                    | 8ea                         | Cable Seated Face Pulls   |      |        |               | x/1/3 | 8    | 8                        | 6    | 6  | KB Lar. Lunge                   |        |      |             |       | 6ea   | 6ea        | 5ea    | 5ea                   |        |      |        |       |        |     |   |   |
| Ball Leg Curl          |                        | x/1/3      | 6          | 6         | 8         | 8                | SL Buck Heel On Stab Ball   |        |    |       | x/2/3 | 8ea    | 8    | 10ea                   | 10ea                        | Cable Chops Low to High   |      |        |               | Exp.  | 6ea  | 6ea                      | 5ea  | 5ea  | Kneeling Cable Chop High to Low |        |      |             | Exp.  | 6ea   | 6ea        | 5ea    | 5ea                   |        |      |        |       |        |     |   |   |
| Band Scap Pinches      |                        | x/1/2      | 10         | 10        | 12        | 12               | Core Push-ups               |        |    |       | 2/1/x | 10     | 10   | 12                     | 12                          | 1-Arm DB Pullover         |      |        |               | 2/1/x | 8ea  | 8ea                      | 6ea  | 6ea  | 1-Leg Hypers                    |        |      |             | x/1/2 | 6ea   | 6ea        | 8ea    | 8ea                   |        |      |        |       |        |     |   |   |
| Straight Arm Pulldowns |                        | x/1/3      | 8          | 8         | 6         | 6                | *Shoulder Plate Series      |        |    |       | 10lb  | x1     | 10lb | x2                     | 10lb                        | x2                        | 10lb | x3     | Hammy Circuit |       |      |                          |      | x1   | x2                              | x2     | x1   | Leg Circuit |       |       |            |        | x1                    | x2     | x2   | x1     |       |        |     |   |   |
|                        |                        | x/1/3      | 8          | 8         | 6         | 6                |                             |        |    |       | :30e  | :30e   | :30e | :30e                   | SL Bucks toe/ Ball Leg Curl |                           |      |        | heel          | 8ea   | 8ea  | 10ea                     | 12ea | BW Squat, Lat. Squats, Alt. Lunges, Split Jump, Sq. Jump |                                 |        |      |             | 20    | 20    | 24         | 24     |                       |        |      |        |       |        |     |   |   |
|                        |                        | x/1/3      | 8          | 8         | 6         | 6                |                             |        |    |       |       |        |      |                        | SL Toe Touches Lunge Walks  |                           |      |        |               | 10e   | 10e  | 12e                      | 14e  |  |                                 |        |      |             | 20    | 20    | 24         | 24     |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        | 20            | 20    | 24   | 26                       |      |  |                                 |        |      | 10          | 20    | 10    | 20         | 12     | 24                    | 12     | 24   |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |
|                        |                        |            |            |           |           |                  |                             |        |    |       |       |        |      |                        |                             |                           |      |        |               |       |      |                          |      |  |                                 |        |      |             |       |       |            |        |                       |        |      |        |       |        |     |   |   |