



## SALISBURY UNIVERSITY WOMEN'S BASKETBALL SUMMER 2011 I



Day 1										Day 2										Day 3										Day 4		
		WO #1		WO #5		WO #9						WO #2		WO #6		WO #10						WO #3		WO #7		WO #11		WO # 4,8,12				
Continuous Mobility			A		B		C			Dynamic Mobility			B		C		A	Continuous Mobility				C		A		B	Dynamic Mobility	A	B	C		
Abs		:30	:35		:40		:45			Abs		10e	10e		12e		12e	Abs				24	26	28	30							
Elbow Bridge w/ Repts		8	10		12		14			Ab Rollers			10		12		12	Reach ups			Twist	10e	12e	14e	16e							
																		SL Acordions				16	18	20	22							
																		SL Trunk Twist				8	10	12	12							
																		V-Ups														
Plyos										Plyos								Plyos														
Box Jump Offs		2x5	2x5		3x5		3x5			Dot Drills		x2	x2		x2		x2	Ladder Drills														
Hurdle hops	Cont	2x5	2x5		3x5		3x5					:10e	:10e		:15e		:15e															
Step-ups Jumps		2x6	2x6		3x6		3x6																									
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	wt	rep		
Speed Snatch	Exp.		5		5		4		4	Fast Cleans Pair w/ 3 Box Jumps	Exp.		5		5		4	4	Band Jumps	Exp.		3ea		3ea		5ea		5ea	MB Circuit (woodchopper, slam 2 burpee, side throws)		:30	
	Exp.		5		4		4	3	Exp.			5		4		4	3	Exp.			3		3		5		5			:30		
	Exp.		4		4		4	3	Exp.			4		4		3	3	Exp.			3		3		5		5			:30		
	Exp.		4		4		4	3	Exp.			4		4		3	3	Exp.			3		3		5		5			:30		
Alt. Shoulder Circuit	45		6ea		6ea		5ea		5ea	Brady Circuit On Ball	45		8ea		8ea		10ea	10ea	External Circuit Scarecrow, Ext. Rotation, wipers Cuban Press			8ea		8ea		10ea	10ea	3-Way Elbow Bridge		:30		
	Lat.		6		6		5		5		Lat.		8		8		10	10		Lat.		8		8		10	10			:30		
	Ext.		6		6		5		4		Ext.		8		8		10	10		Ext.		8		8		10	10			:30		
Speed Band Squat P. w/ 3 Tuck Jumps	2/0/x		5		5		4		4	DB Bench On Stab Ball	2/1/x		8		8		6	6	DB Incline On Stab Ball	3/1/x		10		10		8	8	Slam to Burpee to Exp. Push Press		:30		
	2/0/x		5		5		4	3	2/1/x			8		6		6	5	3/1/x			10		10		8	8			:30			
	2/0/x		5		5		3	3	2/1/x			6		6		5	5	3/1/x			10		10		8	8			:30			
	2/0/x		5		5		3	3	2/1/x			6		6		5	5	3/1/x			10		10		8	8			:30			
Seated Towel Pulldowns	x/1/3		8		8		6		6	DB Row-2- Armpit	x/1/2		8ea		8ea		6ea	6ea	Slideboard Lunge Series	Front		8ea		8ea		6ea	6ea	Mountain Climbers		:30		
	x/1/3		8		8		6	6	x/1/2			8		8		6	6	Lat.			8		8		6	6			:30			
	x/1/3		8		8		6	6	x/1/2			8		8		6	6	Behind			8		8		6	6			:30			
Exp. Push Press w/ med ball			5		5		4		4	DB Step-Ups			6ea		6ea		5ea	5ea	1-Arm Inverted Row	x/1/2		7		8		8	8	Alt. Push-Ups On Ball		:30		
			5		5		4	3				6		6		5	5	x/1/2			6		7		8	8			:30			
			5		5		3	3				6		6		5	4	x/1/2			5		6		6	8			:30			
Slideboard Hamstring Curl	x/1/2		6		6		8		8	DB Pullover	2/1/x		8		8		6	6	Rev. Hypers	x/1/3		6		6		8	8	MB Jump Squats		:30		
	x/1/2		6		6		8	8	2/1/x			8		8		6	6	x/1/3			6		6		8	8			:30			
	x/1/2		6		6		8	8	2/1/x			8		8		6	6	x/1/3			6		6		8	8			:30			
Cable Chops Low-to-High	Exp.		5ea		5ea		4ea		4ea	Kneeling Chops High to Low	Exp.		5ea		5ea		4ea	4ea	Band Resisted Ball Leg Curl	x/1/2		6		6		8	8	Over the Shoulder Throws		:30		
	Exp.		5		5		4	3	Exp.			5		5		4	3	x/1/2			6		6		8	8			:30			
	Exp.		5		5		3	3	Exp.			5		5		3	3	x/1/2			6		6		8	8			:30			
<b>Static Stretch!!</b>										<b>Foam Stretch!!</b>										<b>Band Stretch!!</b>												

"Excellence is the gradual result of always striving to do better."

Pat Riley

