



# YOUR WORKOUT

## Week 1, Monday / /08

Strength Training		
Exercise	Set 1	
Barbell Squats	12/	lbs.
Single-Leg Leg Press	15 each leg/	lbs.
Walking Lunges	15 each leg/	lbs.
Hip Extension	15/	lbs.
Leg Extension	15/	lbs.
Prone Leg Curl	15/	lbs.
Calf Raises	15/	lbs.
Ankle Dorsiflexion	15/	lbs.

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	10/	10/
Approach Jumps	10/	10/
Skater Hops	5 each leg/	5 each leg/
Scissor Jumps	5 each leg/	5 each leg/

## Week 1, Tuesday / /08

Strength Training		
Exercise	Set 1	
Barbell or DB Bench Press	12/	lbs.
Machine Row	12/	lbs.
Machine Incline Press	12/	lbs.
Overhand Pulldown	12/	lbs.
DB Lateral Raise	12/	lbs.
DB Rear Deltoid	12/	lbs.
Cable External Rotation	20/	lbs.
Cable Internal Rotation	20/	lbs.
Biceps	Choice/	lbs.
Triceps	Choice/	lbs.

## Week 1, Thursday / /08

Strength Training		
Exercise	Set 1	
Leg Press	12/	lbs.
Machine Squat	15/	lbs.
Lateral Step-up + Reverse Lunge	10 each leg/	lbs.
Glute-Hamstring Raise	15/	lbs.
Leg Extension	15/	lbs.
Seated Leg Curl	15/	lbs.
Hip Flexion	20/	lbs.
Hip Adduction	20/	lbs.
Hip Abduction	20/	lbs.

## Week 1, Friday / /08

Strength Training		
Exercise	Set 1	
Upperhand Pulldown	12/	lbs.
BB or DB Incline Press	12/	lbs.
DB Row	12/	lbs.
Machine Shoulder Press	12/	lbs.
Machine Lateral raise	12/	lbs.
DB Shrugs	12/	lbs.
DB External Rotation	20/	lbs.
DB Internal Rotation	20/	lbs.
Biceps	Choice/	lbs.
Triceps	Choice/	lbs.

# YOUR WORKOUT

## Week 2, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	10/	lbs.	10/	lbs.
Single-Leg Leg Press	12 each leg/	lbs.	12 each leg/	lbs.
Reverse Lunges	15 each leg/	lbs.		
Hip Extension	12/	lbs.		
Leg Extension	12/	lbs.		
Prone Leg Curl	12/	lbs.		
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

## Week 2, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	10/	lbs.	10/	lbs.
Machine Row	10/	lbs.	10/	lbs.
Machine Incline Press	10/	lbs.	10/	lbs.
Overhand Pulldown	10/	lbs.	10/	lbs.
DB Lateral Raise	10/	lbs.	10/	lbs.
DB Rear Deltoid	10/	lbs.	10/	lbs.
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 2, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	10/	lbs.	10/	lbs.
Machine Squat	12/	lbs.	12/	lbs.
Forward Step-up + Side Lunge	10 each leg/	lbs.		
Glute-Hamstring Raise	12/	lbs.		
Leg Extension	12/	lbs.		
Seated Leg Curl	12/	lbs.		
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

Jump Training				
Exercise	Set 1	Set 2	Set 3	Set 4
Box Jumps	10/	10/	10/	10/
Tuck Jumps	5/	5/	5/	5/
Lateral Hurdle Hops	10/	10/	10/	
Power Step-ups	5 each leg/	5 each leg/	5 each leg/	

## Week 2, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	10/	lbs.	10/	lbs.
BB or DB Incline Press	10/	lbs.	10/	lbs.
DB Row	10/	lbs.	10/	lbs.
Machine Shoulder Press	10/	lbs.	10/	lbs.
Machine Lateral Raise	10/	lbs.	10/	lbs.
DB Shrugs	10/	lbs.	10/	lbs.
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

# YOUR WORKOUT

## Week 3, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	8/	lbs.	8/	lbs.
Single-Leg Leg Press	10 each leg/	lbs.		
Walking Lunges	12 each leg/	lbs.	12 each leg/	lbs.
Hip Extension	12/	lbs.		
Leg Extension	12/	lbs.		
Prone Leg Curl	12/	lbs.		
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	10/	10/
Approach Jumps	10/	10/
Skater Hops	5 each leg/	5 each leg/
Scissor Jumps	5 each leg/	5 each leg/

## Week 3, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	8/	lbs.	8/	lbs.
Machine Row	8/	lbs.	8/	lbs.
Machine Incline Press	8/	lbs.	8/	lbs.
Overhand Pulldown	8/	lbs.	8/	lbs.
DB Lateral Raise	10/	lbs.	10/	lbs.
DB Rear Deltoid	10/	lbs.	10/	lbs.
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 3, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	8/	lbs.	8/	lbs.
Machine Squat	10/	lbs.		
Lateral Step-up + Reverse Lunge	8 each leg/	lbs.	8 each leg/	lbs.
Glute-Hamstring Raise	12/	lbs.		
Leg Extension	12/	lbs.		
Seated Leg Curl	12/	lbs.		
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

## Week 3, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	8/	lbs.	8/	lbs.
BB or DB Incline Press	8/	lbs.	8/	lbs.
DB Row	8/	lbs.	8/	lbs.
Machine Shoulder Press	8/	lbs.	8/	lbs.
Machine Lateral Raise	10/	lbs.	10/	lbs.
DB Shrugs	10/	lbs.	10/	lbs.
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 3, Saturday / /08

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	5/	5/
Approach Jumps	5/	5/
Single Leg Bounding	5 each leg/	5 each leg/
Lateral Box Jumps	5 side/	5 side/

# YOUR WORKOUT

## Week 4, Monday / /08

Strength Training			
Exercise	Set 1		Set 2
Barbell Squats	12/	lbs.	
Reverse Lunges	12 each leg/	lbs.	
Hip Extension	15/	lbs.	15/ lbs.
Leg Extension	15/	lbs.	15/ lbs.
Prone Leg Curl	15/	lbs.	15/ lbs.
Calf Raises	15/	lbs.	
Ankle Dorsiflexion	15/	lbs.	

## Week 4, Tuesday / /08

Strength Training			
Exercise	Set 1		Set 2
Barbell or DB Bench Press	12/	lbs.	12/ lbs.
Machine Row	12/	lbs.	12/ lbs.
Machine Incline Press	12/	lbs.	
Overhand Pulldown	12/	lbs.	
DB Lateral Raise	12/	lbs.	
DB Rear Deltoid	12/	lbs.	
Cable External Rotation	20/	lbs.	
Cable Internal Rotation	20/	lbs.	
Biceps	Choice/	lbs.	Choice/ lbs.
Triceps	Choice/	lbs.	Choice/ lbs.

## Week 4, Thursday / /08

Strength Training			
Exercise	Set 1		Set 2
Leg Press	12/	lbs.	
Forward Step-up + Side Lunge	8 each leg/	lbs.	
Glute-Hamstring Raise	15/	lbs.	15/ lbs.
Leg Extension	15/	lbs.	15/ lbs.
Seated Leg Curl	15/	lbs.	15/ lbs.
Hip Flexion	20/	lbs.	
Hip Adduction	20/	lbs.	
Hip Abduction	20/	lbs.	

Jump Training		
Exercise	Set 1	Set 2
Box Jumps	10/	10/
Tuck Jumps	5/	5/
Lateral Hurdle Hops	10/	10/

## Week 4, Friday / /08

Strength Training			
Exercise	Set 1		Set 2
Upperhand Pulldown	12/	lbs.	12/ lbs.
BB or DB Incline Press	12/	lbs.	12/ lbs.
DB Row	12/	lbs.	
Machine Shoulder Press	12/	lbs.	
Machine Lateral Raise	12/	lbs.	
DB Shrugs	12/	lbs.	
DB External Rotation	20/	lbs.	
DB Internal Rotation	20/	lbs.	
Biceps	Choice/	lbs.	Choice/ lbs.
Triceps	Choice/	lbs.	Choice/ lbs.

## Week 4, Saturday / /08

Jump Training			
Exercise	Set 1	Set 2	Set 3
Block Jumps	5/	5/	
Approach Jumps	5/	5/	
Lateral Box Jumps	5 side/	5 side/	5 side/

# YOUR WORKOUT

## Week 5, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	10/	lbs.	10/	lbs.
Single-Leg Leg Press	12 each leg/	lbs.	12 each leg/	lbs.
Walking Lunges	10/	lbs.		
Hip Extension	10/	lbs.		
Leg Extension	10/	lbs.		
Prone Leg Curl	10/	lbs.		
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	10/	
Approach Jumps	10/	10/
Skater Hops	5 each leg/	5 each leg/

## Week 5, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	10/	lbs.	10/	lbs.
Machine Row	10/	lbs.	10/	lbs.
Machine Incline Press	10/	lbs.	10/	lbs.
Overhand Pulldown	10/	lbs.	10/	lbs.
DB Lateral Raise	10/	lbs.	10/	lbs.
DB Rear Deltoid	10/	lbs.	10/	lbs.
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 5, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	10/	lbs.	10/	lbs.
Machine Squat	12/	lbs.	12/	lbs.
Lateral Step-up + Reverse Lunge	6 each leg/	lbs.		
Glute-Hamstring Raise	10/	lbs.		
Leg Extension	10/	lbs.		
Seated Leg Curl	10/	lbs.		
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

Jump Training			
Exercise	Set 1	Set 2	Set 3
Box Jumps	10/	10/	10/
Power Step-ups	5 each leg/	5 each leg/	

## Week 5, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	10/	lbs.	10/	lbs.
BB or DB Incline Press	10/	lbs.	10/	lbs.
DB Row	10/	lbs.	10/	lbs.
Machine Shoulder Press	10/	lbs.	10/	lbs.
Machine Lateral Raise	10/	lbs.	10/	lbs.
DB Shrugs	10/	lbs.	10/	lbs.
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 5, Saturday / /08

Jump Training			
Exercise	Set 1	Set 2	Set 3
Block Jumps	5/	5/	5/
Approach Jumps	5/		
Lateral Box Jumps	5 side/	5 side/	5 side/

# YOUR WORKOUT

## Week 6, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	8/	lbs.	8/	lbs.
Single-Leg Leg Press	10 each leg/	lbs.		
Reverse Lunges	10 each leg/	lbs.	10 each leg/	lbs.
Hip Extension	10/	lbs.		
Leg Extension	10/	lbs.		
Prone Leg Curl	10/	lbs.		
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	10/	10/
Approach Jumps	10/	10/
Skater Hops	5 each leg/	5 each leg/
Scissor Jumps	5 each leg/	5 each leg/

## Week 6, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	8/	lbs.	8/	lbs.
Machine Squat	10/	lbs.		
Lateral Step-up + Reverse Lunge	6 each leg/	lbs.	6 each leg/	lbs.
Glute-Hamstring Raise	10/	lbs.		
Leg Extension	10/	lbs.		
Seated Leg Curl	10/	lbs.		
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

## Week 6, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	8/	lbs.	8/	lbs.
BB or DB Incline Press	8/	lbs.	8/	lbs.
DB Row	8/	lbs.	8/	lbs.
Machine Shoulder Press	8/	lbs.	8/	lbs.
Machine Lateral Raise	10/	lbs.	10/	lbs.
DB Shrugs	10/	lbs.	10/	lbs.
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 6, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	8/	lbs.	8/	lbs.
Machine Row	8/	lbs.	8/	lbs.
Machine Incline Press	8/	lbs.	8/	lbs.
Overhand Pulldown	8/	lbs.	8/	lbs.
DB Lateral Raise	10/	lbs.	10/	lbs.
DB Rear Deltoid	10/	lbs.	10/	lbs.
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

Jump Training		
Exercise	Set 1	Set 2
Box Jumps	10/	10/
Lateral Hurdle Hops	10/	10/

## Week 6, Saturday / /08

Jump Training			
Exercise	Set 1	Set 2	Set 3
Block Jumps	5/	5/	5/
Approach Jumps	5/	5/	5/
Single Leg Bounding	5 each leg/	5 each leg/	5 each leg/
Lateral Box Jumps	5 side/	5 side/	5 side/

# YOUR WORKOUT

## Week 7, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	6/	lbs.	6/	lbs.
Single-Leg Leg Press	8 each leg/	lbs.	8 each leg/	lbs.
Walking Lunges	12 each leg/	lbs.		
Hip Extension	10/	lbs.		
Leg Extension	10/	lbs.		
Prone Leg Curl	10/	lbs.		
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

Jump Training		
Exercise	Set 1	Set 2
Block Jumps	10/	
Approach Jumps	10/	10/
Skater Hops	5 each leg/	5 each leg/
Scissor Jumps	5 each leg/	5 each leg/

## Week 7, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	6/	lbs.	6/	lbs.
Machine Squat	8/	lbs.	8/	lbs.
Lateral Step-up + Reverse Lunge	10 each leg/	lbs.		
Glute-Hamstring Raise	10/	lbs.		
Leg Extension	10/	lbs.		
Seated Leg Curl	10/	lbs.		
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

## Week 7, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	6/	lbs.	6/	lbs.
BB or DB Incline Press	6/	lbs.	6/	lbs.
DB Row	6/	lbs.	6/	lbs.
Machine Shoulder Press	6/	lbs.	6/	lbs.
Machine Lateral Raise	10/	lbs.	10/	lbs.
DB Shrugs	10/	lbs.	10/	lbs.
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 7, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	6/	lbs.	6/	lbs.
Machine Row	6/	lbs.	6/	lbs.
Machine Incline Press	6/	lbs.	6/	lbs.
Overhand Pulldown	6/	lbs.	6/	lbs.
DB Lateral Raise	10/	lbs.	10/	lbs.
DB Rear Deltoid	10/	lbs.	10/	lbs.
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

Jump Training			
Exercise	Set 1	Set 2	Set 3
Box Jumps	10/	10/	10/
Tuck Jumps	5/	5/	
Lateral Hurdle Hops	10/	10/	
Power Step-ups	5 each leg/	5 each leg/	

# YOUR WORKOUT

## Week 8, Monday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell Squats	12/	lbs.		
Reverse Lunges	12 each leg/	lbs.		
Hip Extension	15/	lbs.	15/	lbs.
Leg Extension	15/	lbs.	15/	lbs.
Prone Leg Curl	15/	lbs.	15/	lbs.
Calf Raises	15/	lbs.		
Ankle Dorsiflexion	15/	lbs.		

Jump Training				
Exercise	Set 1	Set 2	Set 3	Set 4
Block Jumps	10/	10/	10/	10/
Approach Jumps	10/	10/	10/	
Skater Hops	5 each leg/	5 each leg/		
Scissor Jumps	5 each leg/			

## Week 8, Tuesday / /08

Strength Training				
Exercise	Set 1		Set 2	
Barbell or DB Bench Press	12/	lbs.		
Machine Row	12/	lbs.		
Machine Incline Press	12/	lbs.		
Overhand Pulldown	12/	lbs.		
DB Lateral Raise	12/	lbs.		
DB Rear Deltoid	12/	lbs.		
Cable External Rotation	20/	lbs.		
Cable Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.

## Week 8, Thursday / /08

Strength Training				
Exercise	Set 1		Set 2	
Leg Press	12/	lbs.		
Forward Step-up + Side Lunge	10 each leg/	lbs.		
Glute-Hamstring Raise	15/	lbs.	15/	lbs.
Leg Extension	15/	lbs.	15/	lbs.
Seated Leg Curl	15/	lbs.	15/	lbs.
Hip Flexion	20/	lbs.		
Hip Adduction	20/	lbs.		
Hip Abduction	20/	lbs.		

## Week 8, Friday / /08

Strength Training				
Exercise	Set 1		Set 2	
Upperhand Pulldown	12/	lbs.		
BB or DB Incline Press	12/	lbs.		
DB Row	12/	lbs.		
Machine Shoulder Press	12/	lbs.		
Machine Lateral Raise	12/	lbs.		
DB Shrugs	12/	lbs.		
DB External Rotation	20/	lbs.		
DB Internal Rotation	20/	lbs.		
Biceps	Choice/	lbs.	Choice/	lbs.
Triceps	Choice/	lbs.	Choice/	lbs.