

NEW YORK GIANTS
STRENGTH & CONDITIONING
VOLUNTARY INDIVIDUAL TRAINING

INDIVIDUAL TRAINING PERIOD: December 31, 2012 – April 12, 2013

Jerry Palmieri – Strength and Conditioning Coach

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SUGGESTED INDIVIDUAL TRAINING GOALS

1. Allow the body to rest, recover and be restored to a good level of health.
2. Maintain control of body weight and body fat percentage.
3. Maintain an average level of fitness - strength, cardiovascular, flexibility.
4. Maintain abdominal and lower back strength.
5. Prepare the body for the beginning of the voluntary Off-Season Workout Program.

SUGGESTED TRAINING FOR EACH WEEK

1. Weeks of **December 31, January 7, 14, 21**
Complete rest and recovery. Be careful not to over eat or drink high calorie beverages, including alcohol, to excess since your physical activity will be low. Any training that you elect to do should be low intensity.
2. Weeks of **January 28, February 4**
Begin lifting 2-3 days a week for 30 minutes per workout. Incorporate a variety of exercises for the upper and lower body. Use machines or lifts that are not normally done in the Club's program. You may want to incorporate some circuit-type training. Create plenty of variation and keep the repetitions at 10.
Train the lower back and abdominals.
Begin some cardiovascular exercise: Tennis, racquetball, bicycling, stair stepper, treadmill, elliptical, swimming, etc., 2-3 days a week for 20 – 30 minutes.
3. Week of **February 11, 18, 25**
Increase lifting to 3 days a week for 30-45 minutes per workout. Continue to use a variety of exercises for the upper and lower body. Lower the repetitions to 8.
Train the lower back and abdominals.
Continue cardiovascular exercise 3 days a week. Increase duration to 30 – 40 minutes.
To combine your strength & conditioning work you can superset the resistance exercises with a cardio machine. See attached Superset Workouts.

4. Weeks of **March 4, 11, 18**

Lift 3 days a week for 45 minutes per workout. Begin to incorporate football specific lifts: Power Cleans, DB Cleans, Clean Complex, Push Jerks, Squats, Lunges, Bench Press, Inclined Bench. Do repetitions of 4-6. Handle enough weight so that at the conclusion of this phase you will be able to do 75% of your clean max for 1 rep, and 75% of your bench and squat max for 3 reps. **Train the lower back and abdominals.**

Continue cardiovascular exercise 3 days a week, but also include some interval sprints on the bike, treadmill, elliptical, or stair stepper, or after a game is completed, run some full court sprints, suicides, over and backs, 100's, etc.

To combine your strength & conditioning work you can superset the resistance exercises with a cardio machine. See attached Superset Workouts.

5. Weeks of **March 25, April 1, 8**

Lift 4 days a week, 2 days lower body and 2 days upper body. Train using football specific lifts: Power Cleans, DB Cleans, Clean Complex, Push Jerks, Squats, Lunges, Bench Press, Inclined Bench. Do a short cycle of one week of 8 reps, one week of 6 reps, and one week of 4 reps. Intensity levels should progress from Medium to Medium Heavy to Heavy.

Train the lower back and abdominals.

Conditioning should include 100 yard striders, Tempo Runs, Pick-up Sprints, along with some light change of direction drills.

6. **April 15**

The Club's nine-week voluntary Offseason Workout Program will begin at the Timex Performance Center.

ALL OF THE ABOVE GUIDELINES AND THE ATTACHED WORKOUTS ARE FOR YOUR VOLUNTARY USE. IF YOU DESIRE TO USE THE WEIGHT ROOM AT THE TIMEX PERFORMANCE CENTER, IT WILL BE AVAILABLE FROM 8:00AM TO 12:00 NOON MONDAY THROUGH FRIDAY.

STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : January 28, February 4

Monday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
TRX Push-ups	10	Body Weight
Hanging Knee-ups	10	Body Weight
Squats	10	50%
Pull-ups	8	Body Weight
Dips	10	Body Weight
Side-to-Side Squats	8L,R	60-90lbs
Inclined Push-ups	15	Body Weight
Twist Crunchers	20L,R	Body Weight

Wednesday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
Inclined Bench	10	50%
Step-ups	8L,R	Body Weight
Inverted Rows	8	50%
DB Curl to Press	8	30-55lbs
Single Leg Bucks	10L,R	Body Weight
Lying DB Tricep Extensions	8	30-55lbs
V-Twists	15L,R	10K
Back Extensions	15	Body Weight

Friday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
DB Bench	10	55-100
Front Squat	10	135-200lbs
Upright Row	8	80-100lbs
Toe-ups	20	Body Weight
Tricep Pushdowns	10	
DB RDL	10	40-60lbs
Alternate Hammer Rows	10	275-315lbs
Landmine Rotations	8L,R	50lbs

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : January 28, February 4**

<u>MONDAY</u>		<u>THURSDAY</u>	
1 DYNAMIC WARM-UP		1 DYNAMIC WARM-UP	
Twist Crunchers	2 x 20L, 20R	Crunchers (strict)	2 x 30
Light Weight Warm-up	5 each way	Light Weight Warm-up	5 each way
2 Chest Press Machine or	3 x 10	2 DB Incline or	3 x 10
DB Bench or	3 x 10	Inclined Bench Press or	3 x 10
Bench Press	3 x 10	Pec Dec Machine	3 x 10
3 Leg Press or	3 x 10	3 Leg Extensions or	3 x 10
Bear Squat or	3 x 10	Single Leg Leg Press or	3 x 10L,R
Smith Machine Squat	3 x 10	Step-ups or	3 x 10L,R
 		Lunges	3 x 10L,R
4 Seated Rows or	3 x 10	4 Wide Grip Lat Pulls or	3 x 10
DB Rows or	3 x 10	Close Grip Lat Pulls or	3 x 10
Inverted Rows	3 x 10	Pull-ups	3 x 10
5 Leg Curls or	2 x 10	5 Leg Curls or	2 x 10
Triple Threat (Phys. Ball)	2 x 7	Triple Threat (Phys. Ball)	2 x 7
1) Bridge 2) Leg Curl 3) Hip Up		1) Bridge 2) Leg Curl 3) Hip Up	
6 Shoulder Press or	3 x 10	6 Rear Shoulder Raise	3 x 10
Front Shoulder Raise or	3 x 10	 	
Lateral Shoulder Raise	3 x 10	7 External Shoulder Rotation	2 x 10L,R
7 Physio Ball Crunchers	2 x 15	8 Physio Ball Twist Crunchers	2 x 15L,R
8 Back Extensions	2 x 15	9 Reverse Back Extensions	2 x 15

* **CONDITIONING:** Exercise 2-3 days a week for 20-30 minutes: tennis, racquetball, bicycling, stair stepper, treadmill, elliptical, swimming etc.

STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : January 28, February 4

Monday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
TRX Push-ups	10	Body Weight
Hanging Knee-ups	10	Body Weight
Squats	10	50%
Pull-ups	8	Body Weight
Dips	10	Body Weight
Side-to-Side Squats	8L,R	60-90lbs
Inclined Push-ups	15	Body Weight
Twist Crunchers	20L,R	Body Weight

Wednesday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
Inclined Bench	10	50%
Step-ups	8L,R	Body Weight
Inverted Rows	8	50%
DB Curl to Press	8	30-55lbs
Single Leg Bucks	10L,R	Body Weight
Lying DB Tricep Extensions	8	30-55lbs
V-Twists	15L,R	10K
Back Extensions	15	Body Weight

Friday

Circuit through the following exercises for 3 sets with a 2 minute break between sets.

<u>Exercise</u>	<u>Reps</u>	<u>Weight</u>
DB Bench	10	55-100
Front Squat	10	135-200lbs
Upright Row	8	80-100lbs
Toe-ups	20	Body Weight
Tricep Pushdowns	10	
DB RDL	10	40-60lbs
Alternate Hammer Rows	10	275-315lbs
Landmine Rotations	8L,R	50lbs

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEK OF : February 11, 18, 25**

MONDAY

- | | |
|---------------------------------------|------------|
| 1 DYNAMIC WARM-UP | |
| V-Twists 10K | 2 x 15 |
| Reverse Crunchers | 2 x 20 |
| Light Weight Warm-up | 5 each way |
| 2 DB Complex | 3 sets |
| -Clean | 3reps |
| -Front Squat | 3reps |
| -Upright Row | 3reps |
| -Side-to-Side Squats | 3reps |
| -Bent Over Row | 3reps |
| 3 Squat or | 3 x 8 |
| Leg Press or | 3 x 8 |
| Bear Squat or | 3 x 8 |
| Smith Machine Squat | 3 x 8 |
| 4 Single Leg Partial Squats or | 2 x 10L,R |
| Single Leg Short Arcs | 2 x 10L,R |
| 5 Seated Rows or | 3 x 8 |
| DB Rows or | 3 x 8 |
| Inverted Rows | 3 x 8 |
| 6 Leg Curls or | 2 x 10 |
| Triple Threat (Phys. Ball) | 2 x 10 |
| 1) Bridge 2) Leg Curl 3) Hip Up | |
| 7 Physio Ball Crunchers | 2 x 20 |

TUESDAY

- | | |
|---------------------------------|------------|
| 1 DYNAMIC WARM-UP | |
| Hand Toe Crunchers 10K | 2 x 20 |
| Toe-ups | 2 x 20 |
| Light Weight Warm-up | 5 each way |
| 2 Chest Press Machine or | 4 x 8 |
| DB Bench or | 4 x 8 |
| Bench Press | 4 x 8 |
| 3 DB Bench Flyes or | 3 x 8 |
| Pec Dec Machine | 3 x 8 |
| 4 Rear Shoulder Raise | 3 x 10 |
| 5 External Shoulder Rotation | 2 x 10L,R |
| 6 Physio Ball Twist Crunchers | 2 x 20L,R |
| 7 Reverse Back Extensions | 2 x 20 |

THURSDAY

- | | |
|----------------------------------|---------------|
| 1 DYNAMIC WARM-UP | |
| LMR Crunchers | 2 x 15 |
| Light Weight Warm-up | 5 each way |
| 2 DB Clean or | 4 x 3 ea. Arm |
| DB Jumps | 4 x 5 |
| 3 Single Leg Leg Press or | 3 x 8L,R |
| Step-ups or | 3 x 8L,R |
| Lunges | 3 x 8L,R |
| 4 Inclined Bench Press or | 4 x 8 |
| DB Incline | 4 x 8 |
| 5 Wide Grip Lat Pulls or | 3 x 8 |
| Close Grip Lat Pulls or | 3 x 8 |
| Pull-ups | 3 x 10 |
| 6 Upright Rows | 3 x 8 |
| 7 Back Extensions | 2 x 20 |
| 8 Hanging Knee-ups | 2 x 15 |

* **CONDITIONING:** Exercise 3 days a week for 30-40 minutes: tennis, racquetball, bicycling, stair stepper, treadmill, elliptical, swimming etc.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
Strength/Cardio Superset
WEEK OF : February 11, 18, 25**

MONDAY

DYNAMIC WARM-UP
V-Twists **10K** 2 x 15
Reverse Crunchers 2 x 20
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A DB Complex
-Clean 3
-Front Squat 3
-Upright Row 3
-Side-to-Side Squats 3
-Bent Over Row 3
B Cardio 30 seconds

Superset #2 3 Sets

A Squat/Bear/Leg Press 8
B Rope Pulls/DB Rows/Inverted Rows 8
C Cardio 30 seconds

Superset #3 2 Sets

A Short Arcs 10
B Leg Curls 10
C Physio Ball Crunchers 10
D Cardio 30 seconds

TUESDAY

DYNAMIC WARM-UP
Hand Toe Crunchers **10K** 2 x 20
Toe-ups 2 x 20
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A Bench Press 8
B Rear Shoulder Raise 10
C Cardio 30 seconds

Superset #2 3 Sets

A DB Flys/Fly Machine 8
B External Shoulder Rotation 10L,R
C Cardio 30 seconds

Superset #3 2 Sets

A Physio Ball Twist Crunchers 20L,R
B Reverse Back Extensions 20
C Cardio 30 seconds

THURSDAY

DYNAMIC WARM-UP
LMR Crunchers 2 x 15
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A DB Cleans/DB Jumps 3 ea. Arm
B Step-ups/Lunges/SL Leg Press 8L,R
C Cardio 30 seconds

Superset #2 3 Sets

A Inclined Bench Press 8
B Lat Pulls/Pull-ups 8
C Upright Rows 8
D Cardio 30 seconds

Superset #3 2 Sets

A Back Extensions 20
B Hanging Knee-ups 15
C Cardio 30 seconds

* After doing the Warm-up and specified Abdominals, perform each exercise in the Superset for the designated reps in circuit-like fashion including the cardio for the number of sets designated for that Superset. Upon completing the number of sets for the Superset, move on to the next Superset. The Cardio exercise should be done at a good pace for the 30 seconds (bike @ 100+RPM, Elliptical @ 180 Strides/Min, Treadmill @ 9+MPH, Stairstepper @ Level 12+).

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEK OF : March 4, 11, 18**

MONDAY

- | | |
|---------------------------------------|-------------|
| 1 DYNAMIC WARM-UP | |
| Twist Crunchers | 2 x 25L,R |
| Toe-ups | 2 x 25 |
| Light Weight Warm-up | 5 each way |
| 2 Clean Complex | 3 sets |
| - Clean | 3 |
| - F. Squat to Press | 3 |
| - Bent Over Rows | 3 |
| 3 Squats | 10, 8, 6, 6 |
| 4 Single Leg Partial Squats <u>or</u> | 3 x 10L,R |
| Single Leg Short Arcs | 3 x 10L,R |
| 5 Seated Rows <u>or</u> | 3 x 8 |
| DB Rows <u>or</u> | 3 x 8 |
| Inverted Rows | 3 x 8 |
| 6 RDL <u>or</u> | 3 x 8 |
| Leg Curls <u>or</u> | 3 x 10 |
| Triple Threat (Phys. Ball) | 3 x 10 |
| 1) Bridge 2) Leg Curl 3) Hip Up | |
| 7 Back Extensions | 2 x 25 |
| 8 Physio Ball Crunchers | 2 x 25 |

TUESDAY

- | | |
|---------------------------------------|----------------|
| 1 DYNAMIC WARM-UP | |
| Crunchers (strict) | 2 x 25 |
| Reverse Crunchers | 2 x 25 |
| Light Weight Warm-up | 5 each way |
| 2 DB Snatch | 3 x 3 each arm |
| 3 Bench Press | 10, 8, 6, 6 |
| 4 DB Incline <u>or</u> | 3 x 8 |
| DB Bench | 3 x 8 |
| 5 Shoulder Press (Bar or DB) | 3 x 8 |
| 6 External Shoulder Rotation | 2 x 10L,R |
| 7 Tricep Extensions | 3 x 10 |
| 8 Side Crunchers | 2 x 20L,R |
| 9 Reverse Back Extensions | 2 x 25 |

THURSDAY

- | | |
|---------------------------------|-------------|
| 1 DYNAMIC WARM-UP | |
| LMR Crunchers | 2 x 20 |
| Light Weight Warm-up | 5 each way |
| 2 Power Clean | 4 x 3 |
| 3 Step-ups <u>or</u> | 3 x 6L,R |
| Lunges | 3 x 6L,R |
| 4 Inclined Bench Press | 10, 8, 6, 6 |
| 5 Wide Grip Lat Pulls <u>or</u> | 3 x 8 |
| Close Grip Lat Pulls <u>or</u> | 3 x 8 |
| Pull-ups | 3 x 10 |
| 6 Lateral Shoulder Raise | 2 x 10 |
| 7 Rear Shoulder Raise | 2 x 10 |
| 8 Glute Ham Extensions | 2 x 8 |
| 9 1 Leg Up, 1 Leg Out | 2 x 15L,R |

* **CONDITIONING:** Exercise 3 days a week for 30-40 minutes: tennis, racquetball, bicycling, stair stepper, treadmill, elliptical, swimming etc., yet include some intervals during your cardio workout, or after the game is completed, run some full court sprints, suicides, over and backs, 100's, etc.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
Strength/Cardio Superset
WEEK OF : March 4, 11, 18**

MONDAY

DYNAMIC WARM-UP

Twist Crunchers 2 x 25L,R
Toe-ups 2 x 25
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A Clean Complex
- Clean 3
- F. Squat to Press 3
- Bent Over Rows 3
B Cardio 30 seconds

Superset #2 3 Sets

A Squat/Bear/Leg Press 6
B Rope Pulls/DB Rows/Inverted Rows 8
C Cardio 30 seconds

Superset #3 3 Sets

A Single Leg Partial Squats 10
B DB Hamstring Walk 8L,R
C Cardio 30 seconds

Superset #4 2 Sets

A Back Extensions 25
B Physio Ball Crunchers 25
C Cardio 30 seconds

TUESDAY

DYNAMIC WARM-UP

Hand Toe Crunchers **10K** 2 x 20
Toe-ups 2 x 20
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A DB Snatch 3L,R
B Bench Press 6
C Cardio 30 seconds

Superset #2 3 Sets

A DB Incline 8
B Rear Shoulder Raise 10
C Cardio 30 seconds

Superset #3 3 Sets

A Shoulder Press (Bar or DB) 8
B External Shoulder Rotation 10L,R
C Cardio 30 seconds

Superset #4 2 Sets

A Tricep Extensions 10
B Side Crunchers 20L,R
C Reverse Back Extensions 25
D Cardio 30 seconds

THURSDAY

DYNAMIC WARM-UP

LMR Crunchers 2 x 15
Light Weight Warm-up 5 each way

Superset #1 3 Sets

A Cleans 3
B Step-ups/Lunges/SL Leg Press 6L,R
C Cardio 30 seconds

Superset #2 3 Sets

A Inclined Bench Press 6
B Lat Pulls/Pull-ups 8
C Cardio 30 seconds

Superset #3 3 Sets

A Lateral Shoulder Raise
B Front Plate Raise
C Cardio 30 seconds

Superset #4 2 Sets

A Glute Ham Extensions 8
B 1 Leg Up, 1 Leg Out 15
C Cardio 30 seconds

* After doing the Warm-up and specified Abdominals, perform each exercise in the Superset for the designated reps in circuit-like fashion including the cardio for the number of sets designated for that Superset. Upon completing the number of sets for the Superset, move on to the next Superset. The Cardio exercise should be done at a good pace for the 30 seconds (bike @ 100+RPM, Elliptical @ 180 Strides/Min, Treadmill @ 9+MPH, Stairstepper @ Level 12+).

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : March 25 April 1, 8**

MONDAY

V Grabs	2x20 L,R
SL Reverse Crunchers	2x15 L,R
Bar Warm-up	
1 DB Clean Complex	4 sets
-Clean	3-5reps
-Front Squat	3-5reps
-Upright Row	3-5reps
-Side-to-Side Squats	3-5reps
-Bent Over Row	3-5reps
2 Squats	5 x cycle
3 Band TKE	2 x 20L,R
4 Back Extensions	2 x 15 - 25reps
5 Triple Threat (Phys. Ball)	3 x 6 - 10reps
1) Bridge 2) Leg Curl 3) Hip Up	
6 Physio Ball Crunch w/Med Bal	2x15

TUESDAY

V-Twists 10K	2x20
Hand Toe 10K	2x25
Light Weight Warm-Up	5 each movement
1 Bench	5 x cycle
2 Alt. DB Incline	10, 8, 8
3 Lat Pulls	3 x 10
4 Low Rows	3 x 10
5 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
6 Biceps	3 x 10
7 Plate Holds	2 x 30-60 sec.
8 Neck	1 x 8 ea way
9 Static Abs	2x5-10

THURSDAY

Twist Crunchers	2x20 L,R
Reverse Crunchers	2x20
Bar Warm-up	
1 DB Snatch	4 x3L,R
2 Clean Complex	4 Sets
-Clean to	3
-Front Squat to	3
-Press	3
3 Single Leg Circuit 20lb Vest	2 sets
-SL Squat	8 each leg
-Walking Lunge	8 each leg
-Step-up	8 each leg
-Walking Side Lunge	8 each leg
4 SL Short Arcs	2 x 10
5 Single Leg Leg Curls	2 x 10L,R
-Emphasis on Eccentric Contraction	
6 Physio Ball Prayers	2x10

FRIDAY

Frog Leg Crunchers	1x30
Side Crunchers	1x20 L,R
1 Leg Up, 1 Leg Out	1x20 L,R
Toe Ups	1x20
Light Weight Warm-Up	5 each movement
1 Inclined Bench	5 x cycle
2 Alt. DB Bench	10, 8, 8
3 DB Shoulder Press	3 x 8
4 <u>Superset next 2 exercises</u>	
-Power Shrugs	3 x 10
-Rear Shoulder Raise	3 x 10
5 Lying Tricep Extensions	3 x 10
6 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
7 Neck	1 x 8 ea way
8 Plate Holds	2 x 30-60 sec.

Squat Bench Incline Cycle

<u>Week of</u>	<u>Warm-up Sets</u>	<u>Work Sets</u>	<u>Intensity</u>
25-Mar	2 x 4	3 x 8	Medium (67%)
1-Apr	2 x 3	3 x 6	Med Hvy (75%)
8-Apr	2 x 3	3 x 4	Heavy (82%)

* **CONDITIONING:** Do 2 days of running 100 yd striders, Tempo Runs, or Pick-up Sprints along with some light change of direction drills. Do 2 additional days of cardio work on the bike, elliptical, stair stepper or treadmill.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : March 26 April 2, 9**

MONDAY

V Grabs	2x20 L,R
SL Reverse Crunchers	2x15 L,R
Bar Warm-up	
1 DB Clean Complex	4 sets
-Clean	3-5reps
-Front Squat	3-5reps
-Upright Row	3-5reps
-Side-to-Side Squats	3-5reps
-Bent Over Row	3-5reps
2 Squats	5 x cycle
3 Band TKE	2 x 20L,R
4 Back Extensions	2 x 15 - 25reps
5 Triple Threat (Phys. Ball)	3 x 6 - 10reps
1) Bridge 2) Leg Curl 3) Hip Up	
6 Physio Ball Crunch w/Med Bal	2x15

TUESDAY

V-Twists 10K	2x20
Hand Toe 10K	2x25
Light Weight Warm-Up	5 each movement
1 Bench	5 x cycle
2 Alt. DB Incline	10, 8, 8
3 Lat Pulls	3 x 10
4 Low Rows	3 x 10
5 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
6 Biceps	3 x 10
7 Plate Holds	2 x 30-60 sec.
8 Neck	1 x 8 ea way
9 Static Abs	2x5-10

THURSDAY

Twist Crunchers	2x20 L,R
Reverse Crunchers	2x20
Bar Warm-up	
1 DB Snatch	4 x3L,R
2 Clean Complex	4 Sets
-Clean to	3
-Front Squat to	3
-Press	3
3 Single Leg Circuit 20lb Vest	2 sets
-SL Squat	8 each leg
-Walking Lunge	8 each leg
-Step-up	8 each leg
-Walking Side Lunge	8 each leg
4 SL Short Arcs	2 x 10
5 Single Leg Leg Curls	2 x 10L,R
-Emphasis on Eccentric Contraction	
6 Physio Ball Prayers	2x10

FRIDAY

Frog Leg Crunchers	1x30
Side Crunchers	1x20 L,R
1 Leg Up, 1 Leg Out	1x20 L,R
Toe Ups	1x20
Light Weight Warm-Up	5 each movement
1 Incline Bench	5 x cycle
2 Alt. DB Bench	10, 8, 8
3 DB Shoulder Press	3 x 8
4 <u>Superset next 2 exercises</u>	
-Power Shrugs	3 x 10
-Rear Shoulder Raise	3 x 10
5 Lying Tricep Extensions	3 x 10
6 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
7 Neck	1 x 8 ea way
8 Plate Holds	2 x 30-60 sec.

Squat Bench Incline Cycle

<u>Week of</u>	<u>Warm-up Sets</u>	<u>Work Sets</u>	<u>Intensity</u>
26-Mar	2 x 4	3 x 8	Medium (67%)
2-Apr	2 x 3	3 x 6	Med Hvy (75%)
9-Apr	2 x 3	3 x 4	Heavy (82%)

* **CONDITIONING:** Do 2 days of running 100 yd striders, Tempo Runs, or Pick-up Sprints along with some light change of direction drills. Do 2 additional days of cardio work on the bike, elliptical, stair stepper or treadmill.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
WEEKS OF : April 2, 9**

MONDAY

V Grabs	2x20 L,R
SL Reverse Crunchers	2x15 L,R
Bar Warm-up	
1 DB Clean Complex	4 sets
-Clean	3-5reps
-Front Squat	3-5reps
-Upright Row	3-5reps
-Side-to-Side Squats	3-5reps
-Bent Over Row	3-5reps
2 Squats	5 x cycle
3 Band TKE	2 x 20L,R
4 Back Extensions	2 x 15 - 25reps
5 Triple Threat (Phys. Ball)	3 x 6 - 10reps
1) Bridge 2) Leg Curl 3) Hip Up	
6 Physio Ball Crunch w/Med Bal	2x15

TUESDAY

V-Twists 10K	2x20
Hand Toe 10K	2x25
Light Weight Warm-Up	5 each movement
1 Bench	5 x cycle
2 Alt. DB Incline	10, 8, 8
3 Lat Pulls	3 x 10
4 Low Rows	3 x 10
5 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
6 Biceps	3 x 10
7 Plate Holds	2 x 30-60 sec.
8 Neck	1 x 8 ea way
9 Static Abs	2x5-10

THURSDAY

Twist Crunchers	2x20 L,R
Reverse Crunchers	2x20
Bar Warm-up	
1 DB Snatch	4 x3L,R
2 Clean Complex	4 Sets
-Clean to	3
-Front Squat to	3
-Press	3
3 Single Leg Circuit 20lb Vest	2 sets
-SL Squat	8 each leg
-Walking Lunge	8 each leg
-Step-up	8 each leg
-Walking Side Lunge	8 each leg
4 SL Short Arcs	2 x 10
5 Single Leg Leg Curls	2 x 10L,R
-Emphasis on Eccentric Contraction	
6 Physio Ball Prayers	2x10

FRIDAY

Frog Leg Crunchers	1x30
Side Crunchers	1x20 L,R
1 Leg Up, 1 Leg Out	1x20 L,R
Toe Ups	1x20
Light Weight Warm-Up	5 each movement
1 Inclined Bench	5 x cycle
2 Alt. DB Bench	10, 8, 8
3 DB Shoulder Press	3 x 8
4 <u>Superset next 2 exercises</u>	
-Power Shrugs	3 x 10
-Rear Shoulder Raise	3 x 10
5 Lying Tricep Extensions	3 x 10
6 <u>External Shoulder Rotation</u>	
DB or Cable	2 x 10 L, R
7 Neck	1 x 8 ea way
8 Plate Holds	2 x 30-60 sec.

Squat Bench Incline Cycle

<u>Week of</u>	<u>Warm-up Sets</u>	<u>Work Sets</u>	<u>Intensity</u>
2-Apr	2 x 4	3 x 8	Medium (67%)
9-Apr	2 x 3	3 x 6	Med Hvy (75%)

* **CONDITIONING:** Do 2 days of running 100 yd striders, Tempo Runs, or Pick-up Sprints along with some light change of direction drills. Do 2 additional days of cardio work on the bike, elliptical, stair stepper or treadmill.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
Super Set Routine - 4 Day Split**

MONDAY (Chest, Legs, Triceps)

1 Warm-up (Lower)	
Hand Toe Crunchers 10K	2 x 20
2 Bench Press 50-65%	3 x 10
Squats 50-60%	3 x 10
3 DB Incline	3 x 8
Leg Press	3 x 8
4 Seated Leg Curls	3 x 10
Chest Press Machine	2 x 10
5 Short Arcs	3 x 10
Pec Fly Machine	2 x 10
6 Lying DB Tricep Extensions	3 x 10
Heel Raises	3 x 10
7 Tricep Pushdowns	3 x 10
Twist Crunchers	2 x 20L,R

THURSDAY (Chest, Legs, Triceps)

1 Warm-up (Lower)	
LMR Crunchers	2 x 15
2 Inclined Bench 50-65%	3 x 10
Step-ups	2 x 10 each leg
3 DB Bench	3 x 8
Walking Lunges	2 x 10 each leg
4 Med Ball Chest Pass	2 x 10
Single Leg Leg Press	2 x 10 each leg
5 DB Inclined Flys	3 x 10
Single Leg Bucks	3 x 10L,R
6 Skull Crushers (EZ Bar)	3 x 10
Leg Extensions	3 x 10
7 Overhead Tricep Extensions	3 x 10
Heel Raises	3 x 10
8 Toe-Ups	2 x 20

TUESDAY (Back, Shoulders, Biceps)

1 Warm-up (Lower)	
V-Twists 10K	2 x 15L,R
2 Power Cleans 50-65%	3 x 5
Wide Grip Lat Pulldowns	3 x 10
3 Bar Shrugs	3 x 10
Seated Rows or Rope Pulls	3 x 10
4 Plate Raise	3 x 10
Bicep Curls (EZ Bar)	3 x 10
5 DB Heart Shoulder Raises	2 x 10
Neck	1 x 10 each way
6 DB External Shoulder Rotation	2 x 10L,R
Gripper	2 x 10
7 Reverse Crunchers	2 x 20
Reverse Back Extensions	2 x 15

FRIDAY (Back, Shoulders, Biceps)

1 Warm-up (Lower)	
V Grabs	2 x 15L,R
2 DB Cleans	3 x 5 each arm
DB Rows	3 x 10
3 Cable Upright Rows	3 x 10
Close Grip Lat Pulldowns	3 x 10
4 TYI	3 x 6 each way
Bicep Curls (DB)	3 x 10
5 DB Shrugs	3 x 10
Wrist Roller Wtd (Flex/Ext)	up/down, up/down
6 Lateral Shoulder Raise (Mach)	
to	2 x 10
Rear Shoulder Raise (Mach)	
Neck	1 x 10 each way
7 1 Leg Up, 1 Leg Out	2 x 15L,R
Back Extensions	2 x 15

* **CONDITIONING:** Exercise 3 days a week for 30-40 minutes: tennis, racquetball, bicycling, stair stepper, swimming, volleyball etc., yet after the game is completed, run some full court sprints, suicides, over and backs, 100's, bike intervals, stair stepper intervals, etc.

**STRENGTH & CONDITIONING
POST SEASON PROGRAM
Mass Building Program**

MONDAY

1 DYNAMIC WARM-UP	
Twist Crunchers	2 x 25L,R
Toe-ups	2 x 25
2 Clean Complex	3 sets
- Clean	3
- F. Squat to Press	3
- Bent Over Rows	3
3 Squats <u>or</u> Leg Press	10, 8, 8, 6, 6
Pull-ups	3 x 10, 10, B
4 Single Leg Partial Squats	3 x 10L,R
Seated Rows	3 x 10
5 Leg Curls <u>or</u> Triple Threat	3 x 10
Close Grip Lat Pulls	2 x 10
6 Walking Lunges BWT	2 x 20 ea. Leg
Inverted Rows	2 x 10, B
7 Alternate DB Curls	3 x 10
Physio Ball Crunchers	2 x 25
8 Straight Bar Curls	3 x 10
Back Extensions	2 x 25

THURSDAY

1 DYNAMIC WARM-UP	
LMR Crunchers	2 x 20
2 Horizpntal Leg Press Jumps	4 x 10
3 Lunges WTD	3 x 10 ea. Leg
Chin ups	3 x 10, 10, B
4 Leg Curls <u>or</u> SL Bucks	3 x 10
Lever Rows	3 x 10
5 Single Leg Short Arcs	3 x 10L,R
Wide Grip Lat Pulls	2 x 10
6 Step Ups BWT	2 x 20 ea. Leg
DB Rows	2 x 10
7 EZ Bar curls	3 x 10
Glute Ham Extensions	2 x 8
8 DB Curls	2 x 10
Physio Ball Rev. Crunchers	2 x 25

TUESDAY

1 DYNAMIC WARM-UP	
Crunchers (strict)	2 x 25
Reverse Crunchers	2 x 25
2 Bench Press	10, 8, 8, 6, 6
Rear Lateral Raise	3 x 10
3 DB Incline	4 x 10, 8, 8, 6
Shrugs	3 x 10
4 DB Pullovers	3 x 10
DB Shoulder Press	3 x 10
5 WTD Dips	2 x 10
Lateral Shoulder Raise	2 x 10
6 Tricep Extensions	3 x 10
7 Physio Ball Twist Crunchers	2 x 25L,R
8 Reverse Back Extensions	2 x 25

FRIDAY

1 DYNAMIC WARM-UP	
Hand Toe Crunchers 10K	2 x 25
V Twists 10K	2 x 15
2 Inclined Bench Press	10, 8, 8, 6, 6
Rear Lateral Raise	3 x 10
3 DB Bench	4 x 10, 8, 8, 6
Upright Rows	3 x 10
4 DB Bench Flyes <u>or</u> Pec Dec	3 x 10
Shoulder Press	3 x 10
5 Dips BWT	2 x B
Lateral Shoulder Raise	2 x 10
6 Overhead Tricep Extensions	3 x 10
Hanging Knee-ups	2 x 15

* **CONDITIONING:** Exercise 3 days a week for 30-40 minutes: tennis, racquetball, bicycling, stair stepper, swimming, volleyball etc.