

SPORT: Basketball, College
PROGRAM: 6-Day Off-Season
TRAINING DAY: Mondays



Name: _____

Exercise	Date:			Date:			Date:			Date:			Date:			Date:		
	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep
Lat Pulldown	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15										
							set #5	13-15										
Bench Press	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15										
							set #5	13-15										
Bicep Curls (dumbbells)	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15										
							set #5	13-15										
Standing Calf Raise	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15										
							set #5	13-15										
Dorsi Flexion (Shins)	set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15	
Rest Between Sets	2:00 minute rest			1:30 minute rest			1:00 minute rest			2:00 minute rest			2:00 minute rest			2:00 minute rest		
Stretch																		

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SPORT: Basketball, College
PROGRAM: 6-Day Off-Season
TRAINING DAY: Tuesdays



Name: _____

Exercise	Date:			Date:			Date:			Date:			Date:		
	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep
Dumbbell Shoulder Press	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15							
							set #5	13-15							
Gym Ball Squat	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15							
							set #5	13-15							
Lying Triceps Extension	set #1	13-15		set #1	13-15		set #1	13-15		set #1	10-12		set #1	10-12	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	10-12		set #2	10-12	
	set #3	13-15		set #3	13-15		set #3	13-15		set #3	10-12		set #3	10-12	
				set #4	13-15		set #4	13-15							
							set #5	13-15							
Med-Ball Sit-Ups	set #1	25		set #1	25		set #1	25		set #1	30		set #1	30	
	set #2	25		set #2	25		set #2	25		set #2	30		set #2	30	
	set #3	25		set #3	25		set #3	25		set #3	30		set #3	30	
				set #4	25		set #4	25							
							set #5	25							
Back Bridge	set #1	1 min		set #1	1 min		set #1	1 min		set #1	1 min		set #1	1 min	
	set #2	1 min		set #2	1 min		set #2	1 min		set #2	1 min		set #2	1 min	
Rest Between Sets	2:00 minute rest			1:30 minute rest			1:00 minute rest			2:00 minute rest			2:00 minute rest		
Stretch															

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SPORT: Basketball, College
PROGRAM: 6-Day Off-Season
TRAINING DAY: Wednesdays



Name: _____

Exercise	Date:			Date:			Date:			Date:			Date:			Date:		
	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep	sets	reps	wt x rep
Seated Row	set #1	10-12		set #1	10-12		set #1	10-12		set #1	8-10		set #1	8-10		set #1	8-10	
	set #2	10-12		set #2	10-12		set #2	10-12		set #2	8-10		set #2	8-10		set #2	8-10	
	set #3	10-12		set #3	10-12		set #3	10-12		set #3	8-10		set #3	8-10		set #3	8-10	
				set #4	10-12		set #4	10-12										
							set #5	10-12										
Incline Bench Press (dumbbells)	set #1	10-12		set #1	10-12		set #1	10-12		set #1	8-10		set #1	8-10		set #1	8-10	
	set #2	10-12		set #2	10-12		set #2	10-12		set #2	8-10		set #2	8-10		set #2	8-10	
	set #3	10-12		set #3	10-12		set #3	10-12		set #3	8-10		set #3	8-10		set #3	8-10	
				set #4	10-12		set #4	10-12										
							set #5	10-12										
Bicep Curls (dumbbells)	set #1	10-12		set #1	10-12		set #1	10-12		set #1	8-10		set #1	8-10		set #1	8-10	
	set #2	10-12		set #2	10-12		set #2	10-12		set #2	8-10		set #2	8-10		set #2	8-10	
	set #3	10-12		set #3	10-12		set #3	10-12		set #3	8-10		set #3	8-10		set #3	8-10	
				set #4	10-12		set #4	10-12										
							set #5	10-12										
Seated Calf Raise	set #1	10-12		set #1	10-12		set #1	10-12		set #1	8-10		set #1	8-10		set #1	8-10	
	set #2	10-12		set #2	10-12		set #2	10-12		set #2	8-10		set #2	8-10		set #2	8-10	
	set #3	10-12		set #3	10-12		set #3	10-12		set #3	8-10		set #3	8-10		set #3	8-10	
				set #4	10-12		set #4	10-12										
							set #5	10-12										
Dorsi Flexion (Shins)	set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15		set #1	13-15	
	set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15		set #2	13-15	
Rest Between Sets	2:00 minute rest			1:30 minute rest			1:00 minute rest			2:00 minute rest			2:00 minute rest			2:00 minute rest		
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