

Baylor Basketball Weight Training Introduction Phase I

DAY 1

Exercises	Sets & Reps	Week 1	Week 2	Week 3	Week 4	SMOLIG W2	SMOLIG W3
1. Squat	6x5	50		50		60	70
2. RDL	4x8	50		50		27.5	40
3. Bench Press	6x5	25/20	30	30	30	40	45
4. DB Incline	3x8	20/15		17.5		35	40
5. Push Press	4x5	50/100		15		40?	40
6. Reverse Fly	3x10	10/8		12.5		6	2x5
7. DIPS	3x10			25		30	

29 x 51

Day 2

Exercises	Sets & Reps	Week 1	Week 2	Week 3	Week 4
1. Upright Row	4x8		25	25	
2. DB Shrugs	3x12		2x27.5	30	
3. Step-Ups	4x8ea		2x22.5	20	
4. Alternating Leg Curls	3x10ea		20	20	
5. Pull-Ups	3x8		4x35	50	
6. Bent-Over Rows	3x8		25	27.5	
7. DB Hammer Curls	3x10		2x7.5		

Day 1 - Speed Training
11/14

Day 3 - OFF

Baylor Basketball

Weight Training Introduction

Phase I

Day 4

Exercises	Sets & Reps	Week 1	Week 2	Week 3	Week 4
1. Leg Press	4 x 8		100		
2. Good Morning	3 x 10				
3. Incline Close-Grip	4 x 5				
4. DB Bench	3 x 8		22.5		
5. DB Physio Ball Shldr Press	3 x 8		15		
6. Side Lateral Raise	3 x 10		10/8		
7. Tricep Kickbacks	3 x 10		10/8		

Day 2 - Agility Training

20 x 5/10

35
2 x 15
10 x 10
1/5
7.5

Day 5

Exercises	Sets & Reps	Week 1	Week 2	Week 3	Week 4
1. Front Squat	4 x 5		55		
2. DB Lateral Lunge	3 x 8ea		2 x 7.5		
3. 1-Leg RDL	3 x 8ea		25		
4. 1-Arm DB Row	3 x 8ea		10/5		
5. Rack Pull-Ups	3 x 10		50/40		
6. Str. Bar Curls	3 x 10		20		

Day 3 - Jump Rope (10 minutes)

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Baylor Basketball

Weight Training Introduction

Phase II

Exercises	Sets & Reps	Week 5	Week 6	Week 7	Week 8
1. Squat	8 x 3	25	30	35	40
2. RDL	4 x 6	15	20	25	30
3. Bench Press	8 x 3	4	5	6	7
4. Alt. DB Incline	4 x 5ea	15	20	25	30
5. Military Press	4 x 5	15	20	25	30
6. Shoulder Combo	3 x 8-8-8	15	20	25	30
7. Lying Tricep Ext.	4 x 5	15	20	25	30

Day 2

Exercises	Sets & Reps	Week 5	Week 6	Week 7	Week 8
1. Shrugs (heavy)	3 x 8	25	30	35	40
2. Alt. DB Upright Row	4 x 5ea	45	50	55	60
3. 1-Leg DB Squat	3 x 8ea	35	40	45	50
4. Leg Curls	3 x 10	60	70	80	90
5. Rev. Grip Pull-Ups	3 x 8				
6. E-Z Bar Curls (rev. grip)	3 x 8			8-75e	

****Day 1 - Speed Training****

Day 3 - OFF

Baylor Basketball Weight Training Introduction Phase II

Day 4

Exercises	Sets & Reps	Week 5	Week 6	Week 7	Week 8
1. 3-Way DB Lunge	3 x 5-5-5-10			25	
2. Reverse Hypers	3 x 10			25	
3. Close-Grip Bench	4 x 5			25	
4. Physio DB Bench	3 x 8			17.5	
5. Reverse Fly	3 x 8	25		35	
6. Tricep Pushdown	3 x 8			20	
7. Tricep Push-ups	3 x 8				

Day 2 - Agility Training

Day 5

Exercises	Sets & Reps	Week 5	Week 6	Week 7	Week 8
1. Step-ups	3 x 8ea			45	
2. Front Squat + Press	4 x 5			50 lbs	
3. RDL	4 x 6			80	
4. Bent Over Row	3 x 8			50	
5. Narrow Grip Lat Pull	3 x 8			75	
6. DB Curls	3 x 8			20	

Day 3 - Plyometric Training

Baylor Basketball Weight Training Introduction Phase III

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Day 1

Exercises	Sets & Reps	Week 9	Week 10	Week 11	Week 12
1. Squat	10 x 2				
2. Reverse Hypers	3 x 8	25		35	
3. Bench Press	10 x 2	20 x 4	25	45	
4. Alt. DB Shldr Press	3 x 6 ea	20 x 2	20 x 2	20 x 2	22 x 2
5. Dips	3 x 8				
6. Kickbacks	3 x 8		12 x 5		

10 x 5
86-9

Day 2

Exercises	Sets & Reps	Week 9	Week 10	Week 11	Week 12
1. Step-Ups	3 x 6 ea	50	60	65	
2. Bent Over Row	4 x 6	60	60	65	
3. Upright Row	3 x 6	42 x 5	42 x 5	40	
4. RDL	4 x 5	40	45	50	
5. Pull-Ups	3 x 8				
6. Reverse Fly	3 x 8	12 x 5		12 x 5	

78-70

Day 1 - Speed Training

Day 3 - OFF

Baylor Basketball

Weight Training Introduction

Phase III

Day 4

Exercises	Sets & Reps	Week 9	Week 10	Week 11	Week 12
1. 1-Leg Squat (bar)	4 x 6ea	45			
2. Alt. Leg Curl	4 x 6ea	35		35	40
3. Incline Bench	4 x 5	65		70	75
4. Push Press	5 x 3	60		60	
5. DB Lying Tricep Ext.	3 x 6	15	12		
6. Finger Tip Push-ups	3 x 8				

Day 2 - Agility Training

Day 5

Exercises	Sets & Reps	Week 9	Week 10	Week 11	Week 12
1. Lunge (bar)	3 x 6ea	60		70	
2. RDL	4 x 5	90		100	
3. Db Shldr Combo	3 x 6-6-6	9e		9e	
4. 1-Arm DB Row	3 x 6ea	30		30 ↑	
5. Side Raise	3 x 8	10e			
6. DB Hammer Curls	3 x 6	17.5e		20e	
7. Rev. Grip Curls	3 x 6			15 kb	

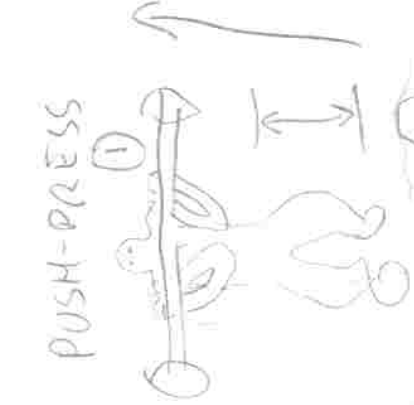
Day 3 - Plyometric Training

79.18e

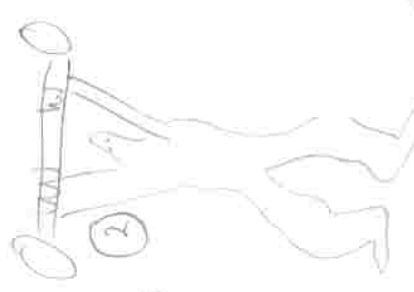
100e

10e

SQUAT



PUSH-PRESS



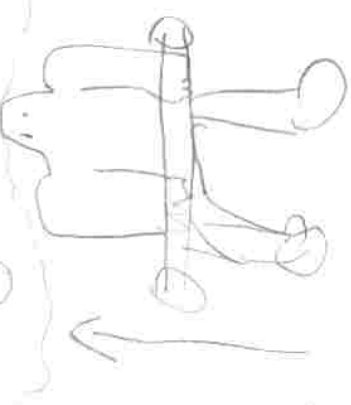
UPRIGHT ROW



PB SHRUGS
CIRCULAR
SHOULDER
SHRUGS



P.D.L
DIP



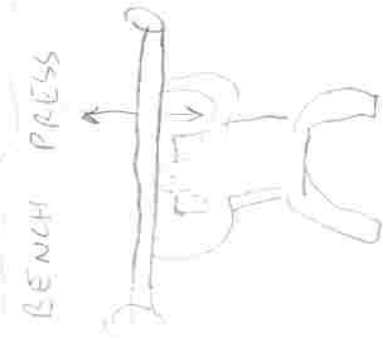
REVERSE FLY
SLIGHTLY
INCLINE



STOP-UPS
MIDDLE STOP
BARBELL ✓
OR
DUMBBELLS



BENCH PRESS



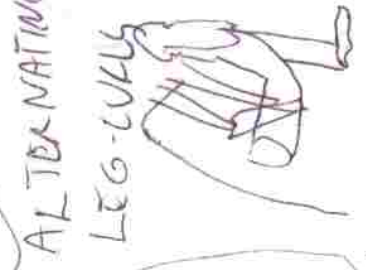
INCLINE
P.D.L
DIP



DIPS



ALTERNATING



PULL-UPS



BENT-OVER ROWS



PB HAMMER-CURLS



LEG PRESS

GOOD MORNING

FRONT SQUAT

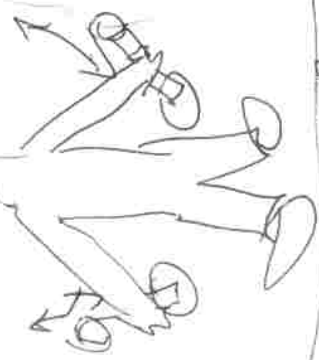
LEG RDL



INCLINE CLOSE-GAP



SIDE LATERAL RAISE



DB BENCH



TRICEP KICKBACKS

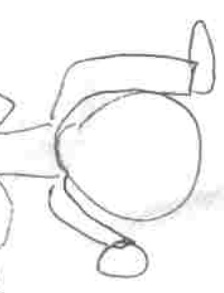


DB ROW



PB PIANO BALL SHOULDER PRESS

↑ ↓



DB CATHEDRAL LUNGE



DB BARCURLS



BACK PULL-UP UPS

