

INDIANA WOMEN'S BASKETBALL

MAY 2020

NAME: _____

| DAY 1 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | WEEK 4 | | |
|--|------|--------|---------|------|--------|---------|------|--------|---------|------|--------|---------|------|
| | | DATE: | | | DATE: | | | DATE: | | | DATE: | | |
| EXERCISE | SEAT | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS |
| DYNAMIC WARMUP | | | | | | | | | | | | | |
| BROAD JUMPS | | | 3 | | | 3 | | | 3 | | | 3 | |
| TAKE 1:00 REST AFTER EACH SET, RESET AFTER EACH JUMP | | | 3 | | | 3 | | | 3 | | | 3 | |
| TEMPO GOBLET SQUAT | | | 8 | | | 8 | | | 8 | | | 8 | |
| FULL RANGE OF MOTION | | | 8 | | | 8 | | | 8 | | | 8 | |
| :5 DOWN, :5 HOLD, :5 UP | | | 6 | | | 6 | | | 8 | | | 8 | |
| HOLD HEAVY BACKPACK | | | 6 | | | 6 | | | 8 | | | 8 | |
| SINGLE LEG BACKPACK RDL | | | 10 EACH | | 20.4 | 10 EACH | 45 | | 10 EACH | | | 10 EACH | |
| | | | 10 EACH | | RGS | 10 EACH | BS | | 10 EACH | | | 10 EACH | |
| | | | 10 EACH | | | 10 EACH | | | 10 EACH | | | 10 EACH | |
| LATERAL LUNGE | | | 8 EACH | | | 8 EACH | | | 8 EACH | | | 8 EACH | |
| HOLD HEAVY BACKPACK | | | 8 EACH | | | 8 EACH | | | 8 EACH | | | 8 EACH | |
| | | | 8 EACH | | | 8 EACH | | | 8 EACH | | | 8 EACH | |
| SIDE PLANK W/ ADDUCTION | | | 12 EACH | | | 12 EACH | | | 12 EACH | | | 12 EACH | |
| SIDE PLANK W/ ABDUCTION | | | 12 EACH | | | 12 EACH | | | 12 EACH | | | 12 EACH | |
| CORE: 3 ROUNDS | | | | | | | | | | | | | |
| WEIGHTED SIT UPS | | | 15 | | | 15 | | | 15 | | | 15 | |
| FLUTTER KICKS | | | 25 | | | 25 | | | 25 | | | 25 | |
| FRONT PLANK W/ KNEE TUCK | | | 10 EACH | | | 10 EACH | | | 10 EACH | | | 10 EACH | |

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DAY 2

| | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | WEEK 4 | | |
|--|------|--------|----------|------|--------|----------|------|--------|----------|------|--------|----------|------|
| | | DATE: | | | DATE: | | | DATE: | | | DATE: | | |
| EXERCISE | SEAT | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS |
| DYNAMIC WARMUP | | | | | | | | | | | | | |
| YES/NO NECK SUPINE (ON BACK) | | | 25 YES | | | 25 YES | | | 25 YES | | | 25 YES | |
| | | | 25 NO | | | 25 NO | | | 25 NO | | | 25 NO | |
| PUSH UP AMRAP | | | :45 | | | 1:00 | | | 1:00 | | | 1:00 | |
| (AS MANY REPS AS POSSIBLE) | | | :45 | | | :45 | | | :45 | | | 1:00 | |
| DO AS MANY PERFECT REPS IN THE SET AMOUNT OF TIME EACH SET | | | :30 | | | :45 | | | :45 | | | :45 | |
| | | | :30 | | | :30 | | | :45 | | | :45 | |
| BACKPACK BENT OVER ROW | | | 20 | | | 20 | | | 25 | | | 25 | |
| CONTROLLED REPS | | | 20 | | | 20 | | | 25 | | | 25 | |
| PAUSE AT THE TOP | | | 20 | | | 20 | | | 25 | | | 25 | |
| SINGLE ARM TALL PLANK HOLD | | | :15 EACH | | | :15 EACH | | | :15 EACH | | | :15 EACH | |
| (HOLD THE TOP OF A PUHUP W/ 1 ARM) | | | :15 EACH | | | :15 EACH | | | :15 EACH | | | :15 EACH | |
| | | | :15 EACH | | | :15 EACH | | | :15 EACH | | | :15 EACH | |
| DOOR FRAME ROW | | | 12 | | | 12 | | | 12 | | | 12 | |
| USE PANTS OR BED SHEET IN DOOR FRAME | | | 12 | | | 12 | | | 12 | | | 12 | |
| | | | 12 | | | 12 | | | 12 | | | 12 | |
| ISO PRONE Y,T,W | | | :20 EACH | | | :20 EACH | | | :20 EACH | | | :20 EACH | |
| CORE: 3 ROUNDS | | | | | | | | | | | | | |
| SUPERMAN HOLD | | | 1:00 | | | 1:00 | | | 1:00 | | | 1:00 | |
| LEG LIFTS | | | 12 | | | 12 | | | 12 | | | 12 | |
| CRUNCHES | | | 30 | | | 30 | | | 30 | | | 30 | |

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| | | DATE: | | | DATE: | | | DATE: | | | DATE: | | |
| EXERCISE | SEAT | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS |
| DYNAMIC WARMUP | | | | | | | | | | | | | |
| BOX JUMP/VERTICAL JUMP | | | 5 | | | 5 | | | 5 | | | 5 | |
| DO VERT JUMP IF NO BOX OR OBJECT TO JUMP ON TO | | | 5 | | | 5 | | | 5 | | | 5 | |
| WALKING LUNGES | | | 10 EACH | | | 10 EACH | | | 12 EACH | | | 12 EACH | |
| HOLD HEAVY BACKPACK | | | 10 EACH | | | 10 EACH | | | 11 EACH | | | 11 EACH | |
| | | | 10 EACH | | | 10 EACH | | | 10 EACH | | | 10 EACH | |
| TEMPO SPLIT SQUAT | | | 6 EACH | | | 6 EACH | | | 8 EACH | | | 8 EACH | |
| :5 DOWN, :5 HOLD, :5 UP | | | 6 EACH | | | 6 EACH | | | 8 EACH | | | 8 EACH | |
| HOLD HEAVY BACKPACK | | | 6 EACH | | | 6 EACH | | | 8 EACH | | | 8 EACH | |
| SINGLE LEG GLUTE BRIDGE | | | 12 EACH | | | 12 EACH | | | 12 EACH | | | 12 EACH | |
| LAY ON GROUND | | | 12 EACH | | | 12 EACH | | | 12 EACH | | | 12 EACH | |
| FOOT UP ON CHAIR/COUCH | | | 12 EACH | | | 12 EACH | | | 12 EACH | | | 12 EACH | |
| TOWEL LEG CURL | | | 10 | | | 10 | | | 10 | | | 10 | |
| | | | 10 | | | 10 | | | 10 | | | 10 | |
| SPLIT SQUAT HOLD | | | :45 | | | :45 | | | :45 | | | :45 | |
| | | | :30 | | | :30 | | | :45 | | | :45 | |
| CORE: 3 ROUNDS | | | | | | | | | | | | | |
| BICYCLES SLOW TEMPO | | | 15 | | | 15 | | | 15 | | | 15 | |
| SUITCASES | | | 20 | | | 20 | | | 20 | | | 20 | |
| GLUTE BRIDGE HOLD | | | 1 MIN | | | 1 MIN | | | 1 MIN | | | 1 MIN | |

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| | | DATE: | | | DATE: | | | DATE: | | | DATE: | | |
| EXERCISE | SEAT | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS | WEIGHT | GOAL | REPS |
| DYNAMIC WARMUP | | | | | | | | | | | | | |
| YES/NO NECK | | | 25 YES | | | 25 YES | | | 25 YES | | | 25 YES | |
| PRONE (ON STOMACH) | | | 25 NO | | | 25 NO | | | 25 NO | | | 25 NO | |
| BACKPACK UPRIGHT ROW | | | 12 + 12 | | | 12 + 12 | | | 12 + 12 | | | 12 + 12 | |
| + | | | 12 + 12 | | | 12 + 12 | | | 12 + 12 | | | 12 + 12 | |
| BACKPACK FRONT RAISE | | | 10 + 10 | | | 10 + 10 | | | 12 + 12 | | | 12 + 12 | |
| | | | 10 + 10 | | | 10 + 10 | | | 12 + 12 | | | 12 + 12 | |
| PIKE PUSH UPS | | | 12 | | | 12 | | | 14 | | | 14 | |
| FEET ELEVATED SO IT IS MORE LIKE A SHOULDER PRESS | | | 12 | | | 12 | | | 12 | | | 12 | |
| | | | 12 | | | 12 | | | 12 | | | 12 | |
| PUSH UP ISO HOLD | | | :30 | | | :30 | | | :30 | | | :30 | |
| HOLD BOTTOM OF A PUSHUP | | | :30 | | | :30 | | | :30 | | | :30 | |
| BREAK TIME UP EACH SET IF NECESSARY | | | :30 | | | :30 | | | :30 | | | :30 | |
| DOOR FRAME FACE PULL | | | 20 | | | 20 | | | 20 | | | 20 | |
| USE PANTS/BED SHEET IN DOOR FRAME | | | 20 | | | 20 | | | 20 | | | 20 | |
| | | | 20 | | | 20 | | | 20 | | | 20 | |
| THORACIC 90-90 | | | 6 EACH | | | 6 EACH | | | 6 EACH | | | 6 EACH | |
| | | | 6 EACH | | | 6 EACH | | | 6 EACH | | | 6 EACH | |
| CORE: 3 ROUNDS | | | | | | | | | | | | | |
| SIDE CRUNCHES | | | 15 EACH | | | 15 EACH | | | 15 EACH | | | 15 EACH | |
| ALTERNATING PIKE UPS | | | 12 | | | 12 | | | 12 | | | 12 | |
| SIDE PLANKS | | | :40 | | | :40 | | | :40 | | | :40 | |