

ELITE OFF-SEASON PROGRAM

NAME: _____

POSITION: _____

MONDAY			TUESDAY			THURSDAY			FRIDAY		
WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3
STRENGTH TRAINING 1. BENCH PRESS 2. SQUAT 3. DEADLIFT 4. BICEP CURL 5. TRICEP EXTENSION 6. SHOULDER PRESS 7. LUNGES 8. CORE STRENGTH 9. CARDIO 10. STRETCHING			STRENGTH TRAINING 1. BENCH PRESS 2. SQUAT 3. DEADLIFT 4. BICEP CURL 5. TRICEP EXTENSION 6. SHOULDER PRESS 7. LUNGES 8. CORE STRENGTH 9. CARDIO 10. STRETCHING			STRENGTH TRAINING 1. BENCH PRESS 2. SQUAT 3. DEADLIFT 4. BICEP CURL 5. TRICEP EXTENSION 6. SHOULDER PRESS 7. LUNGES 8. CORE STRENGTH 9. CARDIO 10. STRETCHING			STRENGTH TRAINING 1. BENCH PRESS 2. SQUAT 3. DEADLIFT 4. BICEP CURL 5. TRICEP EXTENSION 6. SHOULDER PRESS 7. LUNGES 8. CORE STRENGTH 9. CARDIO 10. STRETCHING		
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High School Basketball Strength Program

Patrick Vollmar



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