

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		
TECHNIQUE 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			TECHNIQUE 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			TECHNIQUE 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			TECHNIQUE 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

E Durkheim



High School Basketball Strength Program:

High School Basketball Strength Program Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**High School Basketball Strength Program**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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