

3 day per week (IN SEASON)

Focus:	EXERCISES		SET/REP	Notes
Recovery W/O	1,	Your own RAMP warm-up	10min	
	2,	20-30min @60-70% MHR		
	3,	Lateral Squat	2 x 8	Light weight focus on ROM
	4,	Multi Shoulder	2 x 8	
	5,	Plate OH Squat	2 x 10	
	6,	Split Stance Pallof Press	2 x 10 ea.	With resistance band or in cable cross

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Max Strength 85%+	1,	Your own RAMP warm-up	10min	
	2,	Copenhagen Adductor	2 x 10 ea.	
	3,	Plate Deadbug	2 x 5 ea.	
	4,	Incline Ys, Ts	2 x 5 ea.	
	5,	Depth Drop to Box Jump	2 x 3	
	6,	Box Squat	3 x 5, 4, 3	
	7,	Barbell Bench Press	3 x 5, 4, 3	
	8,	Hang Power Clean	6 x 1	Cluster set, start new rep every 30s
	9,	Reverse Lunges	2 x 5 ea.	Lighter weight, higher speed
	10,	1-Arm Cable Row	2 x 8	Full ROM

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Priming W/O	1,	Your own RAMP warm-up	10min	
	2,	Seated Box Jump	2 x 5	
	3,	Trap Bar Jumps	3 x 3	@50% BW
	4,	Drop to Hurdle Jumps	3 x 3	
	5,	SL Jumps in Smith Machine	3 x 5	23-35kg
	6,	Zig Zag Alternating Jumps	3 x 5 ea.	
	7,	Core Rotations in Cable Cross	2 x 5 ea.	