

BLOCK ZERO NEWCOMERS

**BLOCK ZERO DAILY STRENGTH PLAN
BLOCK ZERO DAILY CONDITIONING PLAN
BLOCK ZERO ASSESSMENT**

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Wednesday – July 4, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**

INTENSIFICATION – INITIAL ASSESMENT

Photo [Front / Back]

Height

Functional Movement Screen

Flex

Vertical Jump

Long Jump

3 Hop

SL 3 Hop [L]

SL 3 Hop [R]

Overhead Shot

Push Up

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Friday – July 6, 2007

Group Time 2:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**

INTENSIFICATION – INITIAL ASSESMENT (CONTINUED)

Bodyweight

Body Composition

Bodyweight Bench Press

Chin Up or Chin Up Hold

Iso Back Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Monday – July 9, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Plank x 30 sec.
 - Partner Weighted Sit Up x 15
 - Hanging Leg Raise x 15
 - Cook Hip Lift x 15 each
 - Lying Abduction x 15 each
 - **Mobility**
 - Lateral Straight Leg Swings- High Hurdle
 - Forward High Knee Over [open trail leg hip]- Low
 - Lateral Straight Leg Skip- High
 - Lateral High Knee Over

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 30 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 30 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso Chin Up | BWT x 30 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 30 sec. |
| | | | |

| | | | |
|-----------|------------------------|----------------------------|----------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Counterbalance Squat | x Max 15 |
| | | Pull Up + Assisted Pull Up | x Max 15 |

| | | |
|-----------|----------------|----------|
| QUARTER 4 | Technique Work | Deadlift |
|-----------|----------------|----------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Wednesday – July 11, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Lateral Plank x 30 sec.
 - Side Bends x 15 each
 - Med Ball Wood Chop x 10 each
 - Quadraped Straight Leg Lateral Lift x 15 each
 - Lying Adduction x 15 each
 - **Mobility**
 - Inside Leg Circles Straight Leg x 15 each
 - Outside Leg Circles Straight Leg x 15 each
 - High Knee to Extend x 15 each

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 30 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 30 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso Chin Up | BWT x 30 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 30 sec. |

| | | | |
|-----------|------------------------|--------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Forward | x Max 30 Total |
| | | Inverted Pull Up (Floor) | x Max 15 |

| | | |
|-----------|----------------|-------|
| QUARTER 4 | Technique Work | Squat |
|-----------|----------------|-------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK O

Friday – July 13, 2007

Group Time 2:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Mobility [Athletic Position Work]**
 - Lateral Lunge Under x 6 each
 - Lateral Shuffle Under x 3 each leg Double Hurdle
 - Duck Walk Under x each leg Double Hurdle
 - **Neck Work**
 - Iso Bridge x m60 sec.
 - Roondogs x 15
 - Band Shrugs x 20
 - Standing Lateral Iso Holds x 30 sec.

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 30 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 30 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso Chin Up | BWT x 30 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 15 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 30 sec. |

| | | | |
|-----------|------------------------|----------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Backwards | x Max 30 Total |
| | | Chin Up + Assisted Chin Up | x Max 15 |

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|-----------|----------------|-------------|
| QUARTER 4 | Technique Work | Bench Press |
|-----------|----------------|-------------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Monday – July 16, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Plank x 30 sec.
 - Partner Weighted Sit Up x 15
 - Hanging Leg Raise x 15
 - Cook Hip Lift x 15 each
 - Lying Abduction x 15 each
 - **Mobility**
 - Lateral Straight Leg Swings- High Hurdle
 - Forward High Knee Over [open trail leg hip]- Low
 - Lateral Straight Leg Skip- High
 - Lateral High Knee Over

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 35 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 35 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso Chin Up | BWT x 35 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 35 sec. |
| | | | |

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|-----------|------------------------|----------------------------|----------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Counterbalance Squat | x Max 15 |
| | | Pull Up + Assisted Pull Up | x Max 15 |

| | | |
|-----------|----------------|----------|
| QUARTER 4 | Technique Work | Deadlift |
|-----------|----------------|----------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK O

Wednesday – July 18, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Lateral Plank x 30 sec.
 - Side Bends x 15 each
 - Med Ball Wood Chop x 10 each
 - Quadraped Straight Leg Lateral Lift x 15 each
 - Lying Adduction x 15 each
 - **Mobility**
 - Inside Leg Circles Straight Leg x 15 each
 - Outside Leg Circles Straight Leg x 15 each
 - High Knee to Extend x 15 each

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 35 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 35 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso Chin Up | BWT x 35 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 35 sec. |
| | | | |

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|-----------|------------------------|--------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Forward | x Max 30 Total |
| | | Inverted Pull Up (Floor) | x Max 15 |

| | | |
|-----------|----------------|-------|
| QUARTER 4 | Technique Work | Squat |
|-----------|----------------|-------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK O

Friday – July 20, 2007

Group Time 2:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Mobility [Athletic Position Work]**
 - Lateral Lunge Under x 6 each
 - Lateral Shuffle Under x 3 each leg Double Hurdle
 - Duck Walk Under x each leg Double Hurdle
 - **Neck Work**
 - Iso Bridge x m60 sec.
 - Roondogs x 15
 - Band Shrugs x 20
 - Standing Lateral Iso Holds x 30 sec.

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 35 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 35 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso Chin Up | BWT x 35 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 18 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 35 sec. |

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|-----------|------------------------|----------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Backwards | x Max 30 Total |
| | | Chin Up + Assisted Chin Up | x Max 15 |

| | | |
|-----------|----------------|-------------|
| QUARTER 4 | Technique Work | Bench Press |
|-----------|----------------|-------------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK 0

Monday – July 23, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Plank x 30 sec.
 - Partner Weighted Sit Up x 15
 - Hanging Leg Raise x 15
 - Cook Hip Lift x 15 each
 - Lying Abduction x 15 each
 - **Mobility**
 - Lateral Straight Leg Swings- High Hurdle
 - Forward High Knee Over [open trail leg hip]- Low
 - Lateral Straight Leg Skip- High
 - Lateral High Knee Over

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 40 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 40 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso Chin Up | BWT x 40 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 40 sec. |
| | | | |

| | | | |
|-----------|------------------------|----------------------------|----------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Counterbalance Squat | x Max 15 |
| | | Pull Up + Assisted Pull Up | x Max 15 |
| | | | |

| | | |
|-----------|----------------|----------|
| QUARTER 4 | Technique Work | Deadlift |
|-----------|----------------|----------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK O

Wednesday – July 25, 2007

Group Time 4:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Power Zone**
 - Iso Lateral Plank x 30 sec.
 - Side Bends x 15 each
 - Med Ball Wood Chop x 10 each
 - Quadraped Straight Leg Lateral Lift x 15 each
 - Lying Adduction x 15 each
 - **Mobility**
 - Inside Leg Circles Straight Leg x 15 each
 - Outside Leg Circles Straight Leg x 15 each
 - High Knee to Extend x 15 each

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 40 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 40 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso Chin Up | BWT x 40 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 40 sec. |
| | | | |

| | | | |
|-----------|------------------------|--------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Forward | x Max 30 Total |
| | | Inverted Pull Up (Floor) | x Max 15 |

| | | |
|-----------|----------------|-------|
| QUARTER 4 | Technique Work | Squat |
|-----------|----------------|-------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold

SPRINGII/SUMMER STRENGTH PROGRAM - BLOCK O

Friday – July 27, 2007

Group Time 2:00 PM

Stage I – Stabilization / Body Awareness / Relative Strength / Exercise Technique

- **Opening Comments**
- **Pre Activity Preparation**
 - **Parisi Stationary Warm-Up**
 - **Circuit x 3**
 - Prisoner Squat x 8
 - Jumping Jack x 8
 - Seal Jump x 8
 - Flings x 8
 - **Circuit x 3**
 - Wide Outs x 8
 - Gate Swings x 8
 - Scissor Jumps x 8
 - **Mobility [Athletic Position Work]**
 - Lateral Lunge Under x 6 each
 - Lateral Shuffle Under x 3 each leg Double Hurdle
 - Duck Walk Under x each leg Double Hurdle
 - **Neck Work**
 - Iso Bridge x m60 sec.
 - Roondogs x 15
 - Band Shrugs x 20
 - Standing Lateral Iso Holds x 30 sec.

4 QUARTER PROGRAM:

QUARTER 1 (Pre Activity Preparation))

| | | | |
|-----------|---------------------------|-----------------------------|-----------------------|
| QUARTER 2 | Stabilization Circuit x 3 | Iso Squat | 25 lbs. x 40 sec. |
| | | Iso Elevated Push Up | 25 lbs. x 40 sec. |
| | | Iso Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso Chin Up | BWT x 40 sec. |
| | | Iso Lateral Lunge to 5" Box | 25 lbs. x 20 sec. R/L |
| | | Iso T, Y, A Raise | 2.5 lbs. x 40 sec. |

| | | | |
|-----------|------------------------|----------------------------|----------------|
| QUARTER 3 | Gymnastics Circuit x 3 | GHR | x Max 10 |
| | | Push Ups | x Max 15 |
| | | Walking Lunge- Backwards | x Max 30 Total |
| | | Chin Up + Assisted Chin Up | x Max 15 |

| | | |
|-----------|----------------|-------------|
| QUARTER 4 | Technique Work | Bench Press |
|-----------|----------------|-------------|

- **Flexibility**
 - Hang the Hams
 - Hip Flexor (Right / Left)
 - Sumo Squat Hold