BELLARMINE SPORTS PERFORMANCE

SPORT

Men's Basketball Forward

Pre-Activity Prep

Release: Soft Tissue Series	Reset: Breathing/Hip Series
Station 1:	Posture Neck
Station 2:	Glute Ham Raise
Station 3:	3 Way Shoulder
Station 4:	Ankle Mobs
Station 5:	Face Pull

Monday	Week 1	Week 2	Week 3
Session T + Slideboards	Intro	← Beat It	← Beat It
T1 **BB Hang Shrug**	Prep Sets	Prep Sets	Prep Sets
*Push, Jump, Shrug	barbell x3	barbell x3	barbell x3
	95# x3	95# x3	95# x3
	Work Sets	Work Sets	Work Sets
	_____ x5	_____ x4	_____ x3
Pair w/	_____ x5	_____ x4	_____ x3
1. Split Stance MB Chop x5e	_____ x5	_____ x4	_____ x3
2. Squat to Stand x5	_____ x5	_____ x4	_____ x3
T2 **DB Walking Lunge**	Intro	← Beat It	← Beat It
*Torso Tall	BW x3e	BW x3e	BW x3e
#REF! *Knee behind toes	25# x3e	25# x3e	25# x3e
	Work Sets	Work Sets	Work Sets
	_____ x6e	_____ x6e	_____ x6e
Pair w/	_____ x6e	_____ x6e	_____ x6e
1. Palof Overhead ISO x:20e	_____ x6e	_____ x6e	_____ x6e
2. Int/Ext Rot x15e	_____ x6e	_____ x6e	_____ x6e
	#REF!	#REF!	#REF!
	#REF!	#REF!	#REF!

Strength Circuit: x3 Rounds

1. DB Incline 12, 10, 8 + UH Grip Chin Up ISO x:20s
2. One Arm DB Row x10e
3. MB Jump Squat + Slam x5
4. Bosu Lateral Flexion x10e

Lateral Speed/Condo: Post Lift

1. Speed Development (5min)
2. Lateral Lane Slides (resisted & unresisted)
3. Slideboards: Maintain Athletic Stance

Week 1:	x10 < :15, 30 sec rest
Week 2:	x12 < :15, 30 sec rest
Week 3:	x14 < :15, 30 sec rest

TEAM COOL DOWN

SPORT

Men's Basketball Guard

Pre-Activity Prep

Release: Soft Tissue Series	Reset: Breathing/Hip Series
Station 1:	Neck Retraction
Station 2:	Band SL RDL
Station 3:	Band Pullapart Series
Station 4:	Band 4 Way Ankle
Station 5:	Cable Lift

Wednesday	Week 1	Week 2	Week 3
Session L + Bike Tabata	Intro	← Beat It	← Beat It
T1 **Goblet RFE Split Squat**	Prep Sets	Prep Sets	Prep Sets
*Torso Tall	BW x3e	BW x3	BW x3
*Hips even with knee	25# x3e	25# x3	25# x3
	Work Sets	Work Sets	Work Sets
	60.0% ___ x6e	65.0% ___ x6e	70.0% ___ x5e
Pair w/	60.0% ___ x6e	65.0% ___ x6e	70.0% ___ x5e
1. Plank Reach x10e	60.0% ___ x6e	65.0% ___ x6e	70.0% ___ x5e
2. Band ABD/ADD x5e	60.0% ___ x6e	65.0% ___ x6e	70.0% ___ x5e
T2 **Alt DB Incline Press**	Prep Sets	Prep Sets	Prep Sets
*5 Points of Contact	50.0% ___ x5e	55.0% ___ x5e	60.0% ___ x5
	60.0% ___ x5e	65.0% ___ x5e	70.0% ___ x5
	Work Sets	Work Sets	Work Sets
	65.0% ___ x6e	70.0% ___ x6e	75.0% ___ x6e
Pair w/	65.0% ___ x6e	70.0% ___ x6e	75.0% ___ x6e
1. OHG Pull-up x10+	65.0% ___ x6e	70.0% ___ x6e	75.0% ___ x6e
2. Block Step Overs x20	65.0% ___ x6e	70.0% ___ x6e	75.0% ___ x6e

Strength Circuit: x3 Rounds

1. MB Rotational Toss x5e
2. Banded Dead Bug x8e
3. Straight Leg Feet Elevated Hip Extension x8
4. Side Plank w/ Leg Raise x10e

Condo: Post Lift

1. Bike Tabata

RPM above 70

Seat Set Up: Hip Height

Week 1:	2x6, :20 on, :10 off
Week 2:	2x8, :20 on, :10 off
Week 3:	2x10, :20 on, :10 off

TEAM COOL DOWN