



# **MONTANA TECH BASKETBALL STRENGTH & CONDITIONING**

## **SUMMER WORKOUTS**



**4 Days A Week**

**Phase 1 : 6 - Weeks (May 13 - June 22)**

**MONDAY - UPPER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Bench Ladder (Start heavy - work to light)	4	5, 10, 15, 20+
Dumbbell Incline Bench	4	8-12
Dumbbell Curl to Arnold Press	4	8-10
Dumbbell Lateral Side Raises	3	12-15
Barbell Landmine T Bar Rows	3	12-15
Pushups	1	40
Incline Push Ups	1	40
Decline Pushups	1	40
Bench Dips	1	60
Triceps Extensions	4	8-10
Dumbbell Pullovers	3	8-10
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**TUESDAY - LOWER BODY**

	<b>Sets</b>	<b>Reps</b>
Barbell Bench/Box Squat (Heavy to Light)	4	4, 7, 10, 12
Dumbbell Step Up on Bench/Box	4 each leg	6-8
- super set w/ Skater Jumps	4 each leg	8-10
Dumbbell Lateral Lunges	3 each leg	9-11
- super set with Dumbbell Single Leg RDL's	3 each leg	10-12
Box/Bench Jumps	1	20-25
Depth Jumps	1	12-15
Gorilla Squats	2	15-20
Kettle Bell Swings	3	12-15
Dumbbell Calf Raises (Toes Straight, Toes Out, Toes In)	1 of each	30-35
Yoga Ball Single Leg Hamstring Curls	3 each leg	10-15
Core Du Jour (The 6 Core Groups)	1	50 reps or 1 minute hold
Pick 1 exercise from each group to do		
Do 50 reps total / or 25 each side depending on exercise / 1 minute hold on planks or holds		

**FINISH EACH WORKOUT WITH ONE OF OUR CONDITIONING WORKOUTS**

# CORE DU JOUR

Pick one exercise from each category to complete after lift



upper



lower



six-pack



obliques



complete



core



crunches



reverse crunches



flutter kicks



sitting twists



knee to elbow



half wipers



high crunches



scissors



elbow plank



cross crunches



knee-to-elbow v2



arm / leg raises



sit-ups



leg raises



L-sit



side jack-knives



dead bug



wipers



long arm crunches



pulse-ups



star plank



toe taps



plank crunches



plank rolls



hundreds



bicycle crunches



hollow hold



sitting punches



side plank crunches



knee-in twists



knee crunches



crunch kicks



V-ups



side plank



V with rotations



climber taps

Guards	Bigs
19:45	19:47
18:45	18:47
17:45	17:47
16:43	16:45
15:43	15:45
14:43	14:45
13:41	13:43
12:41	12:43
11:41	11:43
10:39	10:41
9:39	9:41
8:39	8:41
7:37	7:39
6:37	6:39
5:35	5:37
4:35	4:37
3:33	3:35
2:33	2:35
1:31	1:33
0:31	0:33

## 20 Liners in 20 Minutes

COMPLETE ON DAYS WE DO NOT LIFT

Start running at the time listed on the left.  
A completed Liner must be at XX:00

Example:

Start – 19:45; be done by 19:00

Next run is at 18:45; done by 18:00

Start on one baseline

Sprint to opposite baseline down and back

Sprint opposite FT Line down and back

Sprint to half-court and back

Sprint to closest FT Line back

Done

# MONTANA TECH



# BASKETBALL