

Strength Workout 11-7 Weeks Before the Season

Full Body Lifting

Upper Body/Chest (2-3 sets each workout)

- Dumbbell bench
- Standard Pushups (max reps)
- Military pushups, narrow hands (max reps)
- [Medball Pushups](#)
- No straight bar bench, or incline press*

Upper Body/Back (4-5 sets each workout)

- Pull ups (max reps)
- Lat Pulldowns
- Horizontal row
- [Lawnmowers \(bent over row\)](#)
- [Bent over reverse flys](#)
- [Heavy Pants](#)

Combo/Shoulders (2-3 sets each workout)

- [Alternate lunge press](#)
- [Lateral lunge press](#)
- [Squat Press](#)
- Split Push Press <~~~~ **Need Video**
- [Deceleration Workout](#) <~~~~ Complete EVERY workout

Upper Body/Biceps (2-3 sets each workout)

- Hammer curls
- Alternating front curls
- External curls (elbows in at side, weights out to side)
- No preacher curls*

Upper Body/Triceps (3-4 sets each workout)

- Overhead triceps extension
- Triceps pulldown
- Close grip bench
- Diamond Pushups (max reps)
- No dips*

Lower Body (5-6 sets)

- Back Loaded Squats
- [Goblet Squats](#)
- Hex Bar Dead lift (BEST EXERCISE!!)
- [One leg Romanian Dead Lift](#) (No more than 2 sets)
- [Alternate forward lunges](#) (both legs = one set)
- Dumbbell Side Lunges w/ [BOSU OPTIONAL](#) (At least 1 set per workout)
- Calves (Do not count toward your 6 sets, extra if you'd like to do them)
- Do not do seated leg press, seated leg extensions, or laying hamstring curls. They are better than nothing, but do not mimic how the game is played very well.*