PRE-SEASON TRAINING FOR WOMEN'S BASKETBALL AT THE UNIVERSITY OF WISCONSIN
PART II: PRE-SEASON PROGRAMMING

In my first article, I wrote about my pre-season training plan for our women's basketball team at the University of Wisconsin. In Part II, I will share some specific details on my program set-up and philosophy.

First, I am not a genius when it comes to programming. Most of my programming ideas have come from some of the best coaches in the business. Therefore, I must give credit to Mike Boyle, Robb Rogers, Brijesh Patel, Jeff Oliver, Elizabeth Proctor, Art Horne, Jim Snider, Brian Bott and the list goes on.

Second, my programming strategy works best for my training environment. I am fortunate to have the support, athletes, facilities, and resources to create my set-up. My programming set up may not work at another basketball program but hopefully it will give you some insight on how the women's basketball team trains during the pre-season at the University of Wisconsin.

PLANNING TO DEVELOP THE PLAN

I think it is understood by most strength coaches that training programs must have a set of goals and a plan to achieve those goals. The collegiate basketball season is long, physical and mentally exhausting and the objective in preparing for the season is to develop and enhance the physical and mental qualities needed to perform at a healthy and productive level.

I start off the new training year (after our last competitive game) by developing a set of goals (and a plan of action) on what I want to accomplish prior to the competitive season (Table 1).

Table 1: Basic Yearly Plan

Apr	May	June	July	Aug	Sept	Oct	Nov - Mar
Post	**Off-season**				**Pre-season**		**Competitive season**
GPP	HYP	MxS	Power	HYP	S + P-E		Maintenance/Strength
Recovery	General Conditioning				Specific Conditioning		Practice and Games

GPP = General Physical Preparedness, HYP = Hypertrophy, MxS = Maximum Strength, S = Strength, P-E = Power Endurance

My goals and plan is then shared with the head coach. This meeting also allows me to share my training insight and clear any myths or fallacies pertaining to strength training and female athletes.

One of the keys to having a successful training program is to have constant communication with the coaching staff and with individuals that support the team. Communication keeps the coaching staff abreast to your plans and gives them a level of security and confidence in your area of responsibility.

Since I work with female athletes, strength work is priority. In my opinion, strength is the number one limiting factor for improving athleticism when dealing with female athletes; especially athletes that are traditionally novice in weight training. I'll continue to reiterate that strength is a physical quality that helps reduce the risk of injuries associated with playing basketball. And when you compare a female basketball player to their male counterpart they are often more prone to on-court related injuries because of neural and physiological differences.

CONSTRUCTING THE PLAN

Our pre-season training was divided into two (2) phases. Each phase was approximately four (4) weeks long.

The goal during phase one (1) is to prepare our team for the start of official practice and the volumes and intensities incurred during that time period. The goal for phase two (2) is to prepare our team for the beginning portion of our non-conference game schedule.

Table 2 (see below) shows how I divided Phase 1 training session into two (2) training blocks. The immediate goal is to improve bilateral and unilateral strength and speed by using the Canadian Ascending and Descending method (this will be explained more in depth). Improving on-court conditioning is our secondary goal.

Table 2: Pre-season I Training Blocks: September – October (4 Weeks)

Blocks	Duration	Goals (Targets)
Block 1	2 weeks	Bilateral Strength + Speed (Canadian Ascending+Descenting); Specific Conditioning
Block 2:	2 weeks	Unilateral Strength + Speed (Canadian Ascending+Descenting); Specific Conditioning

Every workout starts with a warm-up which is approximately 15 – 20 minutes long. Our warm up/movement prep strategy, which I learned from coaches Robb Rogers and Brijesh Patel, is as follows:

Inhibit: Foam rolling: inhibit overactive and tight muscles
Lengthen: Static stretching: stretching the areas that were overactive and inhibited
Activate: Turn on the muscles that are dormant/inactive
Integrate: Incorporate the muscles turned on into functional movements
Mobility: Warm up movements and improve ROM

Proceeding our mobility work, we will conclude with some drills to reinforce landing mechanics and to "jump start" our CNS (Tables 3 and 4).

Our lower body strength exercise will typically determine our warm-up and movement prep protocol (Table 5). For example, on bilateral strength days, we will do static stretches and hip mobility drills for the hip flexors, hip extensors, and hip external rotators as well as activation work for the psoas and glute max. Core exercises will mostly consist of anti-rotation work as well as single leg landing drills.

Following our warm up and movement prep we will proceed to our lift for that day. In Block I, we will have two lower body (push) bilateral days and one lower body (push) unilateral day. In Block II we will do the opposite (two unilateral days and one bilateral day). Typically, single leg posterior chain work is done on bilateral days and double leg posterior chain work on unilateral days.

Table 3: Program Structurefor Block I

Monday	Wednesday	Friday
MOVEMENT PREP Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 2 Leg Push **Controlled Rep Method** 2 Leg Push **Strength Speed Method** 2 Leg Push **Speed Strength Method** 2 Leg Pull [Post Chain] Pair Upper Vertical Pull On-court (shuttles) Stretch	**MOVEMENT PREP** Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 1 Leg Push Pair Upper Horizontal Pull Barbell Complex Sleds Stretch	**MOVEMENT PREP** Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 2 Leg Push **Strength Speed Method** 2 Leg Push **Speed Strength Method** 2 Leg Push **Controlled Rep Method** 2 Leg Pull [Post Chain] Pair Upper Vertical Pull Bike (steady-state) Stretch

Table 4: Program Structure for Block II

Monday	Wednesday	Friday
MOVEMENT PREP Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 1 Leg Push **Controlled Rep Method** 1 Leg Push **Strength Speed Method** Pair Upper Vertical Pull 1 Leg Push **Speed Strength Method** Pair Upper Horizontal Push 2 Leg Pull [Post Chain] Pair Core On-court (shuttles) Stretch	**MOVEMENT PREP** Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 2 Leg Push (hybrid) Upper Vertical Push Pair Upper Horizontal Pull Pair 2 Leg Pull Sleds Stretch	**MOVEMENT PREP** Inhibit Lengthen Activate [core] Integrate Landing Reinforcement Neurological **LIFT** 1 Leg Push **Strength Speed Method** Pair Upper Horizontal Push 1 Leg Push **Speed Strength Method** Pair Upper Vertical Pull 1 Leg Push **Controlled Rep Method** 2 Leg Pull [Post Chain] Pair Upper Vertical Pull Bike (steady-state) Stretch

Table 5: Bilateral and Unilateral Lower Body Prep

DOUBLE LEG DAY	SINGLE LEG DAY
LOWER BODY ACTIVATION HIP MOBILITY 1 (posterior hip) (Clear hip flexors + rotators) Increase Hip Extension ROM GLUTE ACTIVATION (GLUTE MAXIMUS) HIP MOBILITY 2 (anterior hip) (Clear hip extensors) Increase Hip Flexion ROM ACTIVATION (PSOAS) **UPPERBODY ACTIVATION** T-SPINE MOBILITY (EXTENSION) LOWER TRAPEZIUS SUBSCAPULARIS (INTERNAL ROTATION) **CORE** ANTI-ROTATION **LIFT** SINGLE LEG POSTERIOR CHAIN UPPER BODY (REPS)	**LOWERBODY ACTIVATION** HIP MOBILITY (lateral hip) (Clear adductors) Increase Hip External Rotation + Abduction GLUTE ACTIVATION (GLUTE MEDIUS) **UPPERBODY ACTIVATION** T-SPINE MOBILITY (ROTATION) SERRATUS ANTERIOR (SCAPULA) SHOULDER EXTERNAL ROTATION **CORE** ANTI-EXTENSION **LIFT** DOUBLE LEG POSTERIOR CHAIN UPPER BODY (HEAVY)

THE PLAN

PHASE I

In Block I and II, Monday and Friday sessions are devoted to strength and speed work (Example 1 and 2). This year, I used the Canadian Ascending-Descending Complex Training (CAD) method popularized by Christian Thibaudeau to improve those physical traits. This method of training gives me the best opportunity to develop strength, power and speed in a relatively short period of time. The players are able to develop the neurological adaptations associated with training with light and heavy loads.

The CAD method is an extended version of the traditional complex training method. Instead of doing a complex of two (2) exercises (a slow speed strength exercise and a high speed strength exercise), you will use a complex of 3 – 5 exercises each with various loading parameters. In addition, we will use a horizontal loading scheme in which we will perform all the sets of one exercise before moving onto the next exercise.

Our program used three (3) exercises in our complex scheme. The Monday workout is a descending workout starting with the slowest but heaviest exercise (controlled rep method) and ending with the quickest but lightest exercise (speed strength method). Since strength is still a priority during the pre-season we will start the week with more strength work. The Friday workout is the reverse starting with the quickest and lightest exercise and ending with the slowest but heaviest exercise. I used this method for lower body training only.

The Wednesday sessions are devoted to more low impact metabolic work and may include a circuit or some form of a dumbbell or barbell complex.

Conditioning is completed at the end of weight training sessions on Monday and Friday. On Monday, conditioning is performed on the basketball court and primarily consists of shuttle drills. Prior to our shuttle drills we will do some on-court movement prep (Example 3). On Friday, we will do a steady state bike workout as recovery work from the long week of activities.

You will notice in our program that I do not use an Olympic lift exercise for our strength-speed efforts within our CAD training method. In fact, you will notice that I have excluded the Olympic lifts (specifically the clean and snatch) from our entire pre-season program. First, before I am crucified by my peers, I think the Olympic lifts are great for developing and maximizing explosive power. There are tons of literature and research developed by Charlie Francis, Dr. Mike Stone, Mark Rippetoe, Dan John, and a host of other authors that prove this theory to be accurate.

Other benefits from using the Olympic lifts are:

1. The ability to synchronize several muscle actions to produce one fluid, powerful motion
2. The ability to develop strength and power in the posterior chain
3. The ability to absorb force
4. The ability to train the CNS to recruit high threshold muscle fibers/motor units

However, given the benefits there are some disadvantages. The major drawback is the time required to teach and learn a very complex movement to a group of athletes. As I mentioned previously, the competitive season in college basketball is very long; starting in October and ending in March. The ability to maximize strength during that time period is extremely challenging. With that being said, once the season is over, off-season (summer) training must be extremely productive. It is the best (and only) time to develop the physical qualities needed to compete for the upcoming competitive year. At the University of Wisconsin, our on-campus off-season training is only eight (8) weeks long. Spending that time period to teach a group of athletes a complicated lift is not an efficient use of time in my opinion. I rather spend the time teaching athletes to perfect the traditional lifts (i.e. squat, various deadlifts, etc.) and combine those lifts with various jumps or use other effective training tools to improve power production. However, I

have used some pulling variations of the Olympic lifts to simply reinforce triple extension of the ankle, knee, and hips. This may include clean pulls from the block; snatch pulls from the block, down and up shrugs, prop pulls, and segmental pulls from the block to name a few.

PHASE II

In phase II, official practice has begun and the intensity and volume of activity on the court has increased dramatically. However, weight training is still a priority and this is demonstrated by having three (3) total body lifts per week until our first competition (Example 4). The focus during this phase is to maintain strength gains. We will eliminate all jumping specific exercises from our training protocol and concentrate more on strength work. In addition, we will still do some lower body bilateral and unilateral strength work throughout the week. Conditioning will take place during practice sessions.

CONCLUSION

Once again, I am fortunate to work with a great coaching staff at the University of Wisconsin. My training ideas and creativity would not be possible without the support of the head coach. I encourage strength coaches to be the best at doing what you do! Believe in your work and never underestimate your training philosophy. If it works for you and your athletes then you are on the right path to success. Good luck this season!

Example 1: PRE-SEASON PHASE 1 [Block 1]:

Strength + Speed Complex Work [Canadian Ascending and Descending], Bilateral

MONDAY
9/6

INHIBIT	SETS REPS
MFR [add t-spine ext]	10
Rocking Ankle Mobe	10e
LENGTHEN	
Box hip flex + RF stretch [back leg on box]	:15e
Glute stretch	:15e
Partner pec stretch	:15e
Floor lat stretch	:15e
ACTIVATION [CORE] I x2	
Clams [bands]	12e
Alt 1 leg box buck	10
Scap push ups [slow]	12
Kneeling anti rotation rollers	:20
ACTIVATION II x2	
Lateral zig-zag band walks [OH reach]	2x10yd
INTEGRATION [PREHAB]	
S.leg 3-way reach [Y balance]	5e
D.leg hurdle hop w/band feedback [stabilization]	2x5
S.leg fwd hurdle hop [stabilization]	2x5e

EXERCISE	TEMPO	LOAD	REPS
PLATE REACH OUT SQUAT	1/5/x		5
BOX SQUAT [PAUSE]	2/1/x		5
SIT BACK			4
SPREAD FLOOR WITH FEET AND HIPS			4
			4
			4
			4
			4
ISO SNATCH PULL [AGAINST RACKS]			:05
PROP POSITION; VERTICAL TORSO			:05
			:05
			:05
			:05
VERTIMAX SQUAT JUMPS			5
COUNTERMOVEMENT; SQUAT THEN JUMP			5
CONTINUOUS, EXTEND HIPS			5
			5
Box hip flex stretch [front leg on top]			
BENCH CORD PULLDOWNS (UH)			3x12
PAIR			
S.LEG BUCKS			3x8e
ON-COURT CONDITIONING			
Quick mvmt prep			
4 Groups (3 Rounds)			
5 court crosses (:30 -:35)			
3 court crosses (:15 - :17)			
1 court cross (:05 - :07)			
STRETCH			

WEDNESDAY
9/8

INHIBIT	SETS REPS
MFR	
Gastroc stretch [slant boards]	:15e
LENGTHEN	
Pulsed hip flex mobilization	5x:05e
Spider stretch	:15e
Pec flye	10
Dynamic floor lats	10
ACTIVATION [CORE] I x2	
Partner groin [3 positions]	:05e
Bench extension	87654321Iso
Side bridge	:25e
MB side throw [pivot] 1 response	5e
ACTIVATION II x2	
S.leg box squat	1x10e
INTEGRATION [PREHAB]	
Reverse lunge [sagittal arm drivers]	5e
Lateral altitiude drop [stabilization]	1x5e

EXERCISE	TEMPO	LOAD	REPS
KB REVERSE ASYMMETRICAL SLIDE LUNGE			8e
[MAINTAIN VERTICAL TIB]			8e
			8e
PAIR			
DB ROW		87654321Iso	x3
PARTNER BARBELL COMPLEX [5 ROUNDS]			
[SEE SHEET]			
BACKWARD SLED WALKS [VMO]			6
STRETCH			

FRIDAY
9/10

INHIBIT	SETS REPS
MFR [add cook side-lying T-rotate, arm sweep]	10e
Anterior tib	20e
Ankle mobe [frontal plane leg swings]	10e
LENGTHEN	
Box hip flex + RF stretch [back leg on box]	:15e
Glute stretch	:15e
Partner pec stretch	:15e
Floor lat stretch	:15e
ACTIVATION [CORE] I x2	
Clams [bands]	12e
Alt 1 leg box buck	10
Scap push ups [slow]	12
Kneeling anti rotation rollers	:20
ACTIVATION II x2	
Lateral [staggared] band walks	2x10yd
INTEGRATION [PREHAB]	
Lunge matrix	3e
D.leg hurdle hop w/band feedback [stabilization]	2x5
S. leg diag hurdle hop [stabilization]	2x5e

EXERCISE	TEMPO	LOAD	REPS
ISO SNATCH PULL [AGAINST RACKS]			:05
PROP POSITION, VERTICAL TORSO			:05
			:05
			:05
VERTIMAX SIT [SHOCK] JUMPS			5
EXTEND HIPS			5
			5
			5
PLATE REACH OUT SQUAT	1/5/x		5
BOX SQUAT [PAUSE]	2/1/x		5
SIT BACK			4
SPREAD FLOOR WITH FEET AND HIPS			4
			4
			4
			4
EQI Splits Squat			
BENCH CORD PULLDOWNS (UH)			3x12
PAIR			
S.LEG BUCKS			3x8e
BIKE			
STRETCH			

Example 2: PRE-SEASON PHASE 1 [Block 2]:

Strength + Speed Complex Work [Canadian Ascending and Descending], Unilateral

MONDAY
9/27

INHIBIT	SETS	REPS
MFR [add t-spine ext]		10
2 way ankle mobe		10e
LENGTHEN		
Box hip flex+ RF stretch [back leg on box]		:15e
Glute stretch		:15e
Partner pec stretch		:15e
Dynamic lat stretch		:15e
ACTIVATION [CORE] I x2		
Side bridge [bent knee] Glute Medius		5+:05e
Ecc only leg curls [platform]		10
Face pull with external rotation		12
Pallof Press		10e
ACTIVATION II x2		
Lateral zig-zag band walks [OH reach]		2x10yd
ACTIVATION III		
Iso split squat		:40e
LANDING REINFORCEMENT		
S.leg fwd hurdle hop [stabilization]		2x5e

EXERCISE	TEMPO	LOAD	REPS
S.LEG ISO DEADLIFT [RACK]			:05e
			:05e
			:05e
			:05e
			:05e
SPEED RFE SPLIT SQUAT		vest	4e
P: L-SIT CHINS: 2x:10 ECC [3 SETS]		vest	4e
		vest	4e
			4e
			4e
ISO RELEASE BAND SPLIT JUMPS			4e
[HOLD FOR :04]			4e
P:/ BAND PUSH UPS 3x10			4e
			4e
SNATCH GRIP RDL			7
P:/BALL ROLLOUT 3x12			7
			7
			7
ON-COURT CONDITIONING			
Quick mvmt prep			
Team			
Metabolics (full game)			

STRETCH

WEDNESDAY
9/29

INHIBIT	SETS	REPS
MFR		
Gastroc stretch [slant boards]		:15e
LENGTHEN		
Pulsed hip flex mobilization		5x:05e
Spider stretch		:15e
Pulse trap [palms down]		10
Dynamic floor lats		10
ACTIVATION [CORE] I x2		
Partner hollow rocks		10
Bench extension [10 lbs]		10
MB OH throw downs [step]		5e
MB facing side throw 1 response		5e
ACTIVATION II x2		
BB s.leg stance		:20e
INTEGRATION [PREHAB]		
Squat to stand		10
Cradle tuck		5e
Knee hug		5e
CNS		
Iso release squat jumps [:04 hold]		2x5

EXERCISE	TEMPO	LOAD	REPS
HEX BAR DL			4
			4
			4
			4
			4
			4
DB INCLINE	2/1/x		6
[2nd HOLE]			6
			6
			6
PAIR			
S.ARM BAND ROW			8e
[SHORT LUNGE STANCE]			8e
			8e
			8e
PAIR			
SB LEG CURL			8
			8
			8
			8
CROSSOVER SLEDS			6

STRETCH

FRIDAY
10/1

INHIBIT	REPS
MFR [add Quad T-rotate+ext]	10e
3 way ankle mobe	10e
LENGTHEN	
Box hip flex + RF stretch [back leg on box]	:15e
Glute stretch	:15e
Partner pec stretch	:15e
Dynamic lat stretch	:15e
ACTIVATION [CORE] I x2	
Side bridge [bent knee] Glute Medius	5+:05e
Ecc only leg curls [platform]	10
Face pull with external rotation	12
Pallof Press	10e
ACTIVATION II x2	
X band walks	2x10yd
ACTIVATION III	
Iso split squat	:40e
LANDING REINFORCEMENT	
S. leg diag hurdle hop [stabilization]	2x5e

EXERCISE	TEMPO	LOAD	REPS
ISO RELEASE BAND SPLIT JUMPS			4e
[HOLD FOR :04]			4e
P:/ BAND PUSH UPS 3x10			4e
			4e
SPEED RFE SPLIT SQUAT		vest	4e
P: L-SIT CHINS: 2x:10 ECC [3 SETS]		vest	4e
		vest	4e
			4e
			4e
S.LEG ISO DEADLIFT [RACK]			:05e
			:05e
			:05e
			:05e
			:05e
SNATCH GRIP RDL			7
P:/BALL ROLLOUT 3x12			7
			7
			7
BIKE CONDITIONING			

STRETCH

Example 3: MOVEMENT PREPARATION
Prior to on-court conditioning

On-court Preparation
Linear
Knee Tuck
Spider Lunge to Hip Flex
Lateral Squat Shift
Skip fwd + Retro
Shuffle Retro + Exchange
S-Pattern Run + Retro
Backpedal S
Backward Run + Reach
45 Cut [plant and pivot]

Lateral
Crossover Front Shuffle
Carioca Change direction
Lateral Jumping Jacks
Lateral Push x2 to crossover sprint

Multi-directional [specific]
Post + Perimeter: Lane runs [call for ball]

Perimeter: Arc chase [get through screen simulations] [R+L]
Perimeter: Closeout to 3 point line to pop back (or slide)

Post: Baseline + box-out + rebound [turn and run] [R block + L block]
Post: Pit Drill

Example 4: PRE-SEASON PHASE 2
Maintenance

MONDAY 10/18	SETS	REPS
INHIBIT		
MFR [add t-spine ext]		10
2 way ankle mobe		10e
LENGTHEN		
1/2 kneeling hip flex + RF stretch		:15e
Glute stretch		:15e
Partner pec stretch		:15
Dynamic floor lat stretch		10
ACTIVATION [CORE] I x2		
Lateral band walks [2 steps turn]		10yds
KB swings [hip ext]		10
Face pulls		12
SB arm circles [plank]		10e
INTEGRATION		
Squat to stand		6
OH reach reverse lunge		5e
Lateral squat shift		10
LANDING REINFORCEMENT		
S.leg fwd hurdle hop [stabilization]		2x5e
CNS		
Iso release split squat jumps [:04 hold]		1x5e

EXERCISE	TEMPO	LOAD	REPS
HEX BAR DEADLIFT			3
			5
			5
			5
			5
PAIR			
MANUAL SIDE-LYING ER		5	3x10e
DB BENCH	3/1/x		4x6-8
P:			
S.ARM DB ROW	87654321Iso		4
P:			
D.LEG SB LEG CURL			4x8
MCGILL SIDE BRIDGE			4321e/side

STRETCH

THURSDAY 10/21	SETS	REPS
INHIBIT		
MFR [add side-lying T-rotations]		10e
Rocking ankle mobe		10e
LENGTHEN		
Rack hip flex + OH reach		:15e
Spider stretch		:15e
Split stance kneeling adductor stretch		10e
Floor lat stretch		:10
ACTIVATION [CORE] I x2		
Lying hip flexor pulls		5+05e
Bench s.leg hip thrust		8e
Side elbow bridge w/leg raise		5+05e
INTEGRATION		
OH lunge walk		10yds
Alt lateral lunge walk		10yds
Cradle tuck		10yds
LANDING REINFORCEMENT		
Lateral box jump off		2x3e
CNS		
MB side throw [1 response]		1x5e

EXERCISE	TEMPO	LOAD	REPS
ECC CHIN UPS	:10 Ecc		3
[PARTNER ASSISTED CONCENTRIC]			3
			3
			3
PAIR			
DB INCLINE [HVY]	2/1/x		6-8
[3RD HOLE]			6-8
			6-8
			6-8
SNATCH GRIP RDL [HVY]			4x6-8
P:			
SQUATTING S.ARM BAND ROTATIONAL ROW			3x8e
P:			
TALL KNEELING PALLOF PRESS	:10 hold		3x3e

STRETCH

FRIDAY 10/22	SETS	REPS
INHIBIT		
MFR [add side lying ext+int rotations]		10e
2 way ankle mobe		10e
LENGTHEN		
1/2 kneeling hip flex + RF stretch		:15e
Glute stretch		:15e
Partner Pec Stretch		:15
Dynamic floor lat stretch		10
ACTIVATION [CORE] I x2		
Staggared band walks		10yds
Band pull throughs		10
Face pulls w/ER		12
SB arm circles [plank]		10e
INTEGRATION		
Squat to stand		6
OH reach reverse lunge		5e
Lateral squat shift		10
LANDING REINFORCEMENT		
S.leg diag. hurdle hop [stabilization]		2x5e
CNS		
Iso release squat jumps [:04 hold]		2x5

EXERCISE	TEMPO	LOAD	REPS
DB SPLIT SQUAT	2/1/x		6-8e
			6-8e
			6-8e
			6-8e
PAIR			
BAND REVERSE CROSSOVER FLY			10
[TALL KNEELING]			10
			10
			10
BACK EXT [10LBS]	7654321Iso		x3
P:			
BAND PUSH UPS	3/1/x		3x10
P:			
INVERTED ROW [OH]			3xamrp
MCGILL CURL UP			2x5e (:02)

STRETCH

References

Thibaudeau, Christian (2006).Theory and Application of Modern Strength and Power Methods: Modern methods of attaining super-strength. F. Lepine Publishing.