

Strength Training Workout

Exercises	Pre-Season	In-Season	Summer Season	Off Season
Range of Motion				
Ground Base Mobility	3 Days	1-3 Days	2-3 Days	3-5 Days
Spiderman Walks	per week	per week	per week	per week
Reverse Walking Lunges	1 Set	1 Set	1 Set	1 Set
	10-20 Reps	10-20 Reps	10-20 Reps	10-20 Reps
Strength Training				
Split Squats	3-4 Days	1 Day	2-3 Days	3-5 Days
Pistol Box Squats	per week	per week	per week	per week
Single Leg Deadlift with W	1-3 Sets	1 Sets	2-3 Sets	3-5 Sets
Sprinter Sit Ups	10-15 Reps	15 Reps	10 Reps	10-15 Reps
Circuits				
Push Up Circuit	1-3 Days	2-3 Days	2-5 Days	1-2 Days
Hip Circuit	per week	per week	per week	per week
Planks	1-2 Sets	1 Set	1-3 Sets	1-2 Sets
	8-15 Reps	10-15 Reps	10 Reps	15 Reps