

WEEK #1**Monday**

Power Routine
 Shrugs 2x12
 Lunges 2x25
 Curls 7-7-7 3x
 Pull-ups max-2x
 Sit-ups 2x50
 Mikan & back board smacks
 Jump hooks 20 made each hand
 Ft's 50
 Sikma's 20 each block
 Up & Unders 20 each block

Tuesday

50 Ft's
 50 Lay-ups
 200 12-17 ft.
 200 3's

Wednesday

Squats 3x 10-8-6
 Leg Ext. 2x10
 Leg Curls 2x10
 Lat. Pull Downs 2x8
 DB shoulder press 2x12
 Mikan & back board smacks
 Jump hooks 20 made each hand
 Ft's 50
 Sikma's 20 each block
 Up & Unders 20 each block

Thursday

50 Ft's
 200 12-17 ft.
 200 3's
 Broad jumps 4x
 Power skips 4x

Friday

Incline Bench 3x8
 Killer Curls 2x failure
 Seated Rows 2x15
 Incline Dumbbells 2x15
 Fly Series 2x10
 Dips max
 Sit-ups 2x50

Substitute for Post moves**Ball Handling**

Ball pops
 5x each way- R, L, Both feet
 5x each way waist & head
 5x Figure 8's-each way

Dribble series

5x R leg
 5x L leg
 5x Figure 8s'
 R hand rocker
 10x Front to back
 10x Right to left
 L hand rocker
 10x Front to back
 10x Right to left

WEEK #2**Monday**

Power Routine
 Shrugs 2x12
 Lunges 2x25
 Curls 7-7-7 3x
 Pull-ups max-2x
 Sit-ups 2x50
 Mikan & back board smacks
 Jump hooks 20 made each hand
 Ft's 50
 Sikma's 20 each block
 Up & Unders 20 each block

Tuesday

100 Ft's
 50 Lay-ups
 200 12-17 ft.
 200 3's

Wednesday

Squats 3x 10-8-6
 Leg Ext. 2x10
 Leg Curls 2x10
 Lat. Pull Downs 2x8
 DB shoulder press 2x12
 Mikan & back board smacks
 Jump hooks 20 made each hand
 Ft's 50
 Sikma's 20 each block
 Up & Unders 20 each block

Thursday

100 Ft's
 200 12-17 ft.
 200 3's
 42's
 Broad jumps 4x
 Power skips 4x

Friday

Incline Bench 3x8
 Killer Curls 2x failure
 Seated Rows 2x15
 Incline Dumbbells 2x15
 Fly Series 2x10
 Dips max
 Sit-ups 2x50

WEEK #3**Monday**

Dumbbell Bench 3x12
 One arm rows 3x8
 Walking lunges 2x25
 Lat Pull Downs 2x8

Tuesday

50 Ft's
 50 Lay-ups
 50 5-10 ft.
 100 10-15 ft.

Wednesday

DB Lateral raises 3x 8
 Lat. Pull Downs 2x8
 Dips 2x max
 Fly Series 2x10

Thursday

50 Ft's
 50 5-10 ft.
 100 10-15 ft.
 100 15-18 ft.

Friday

Incline Bench 2x12
 Seated Rows 3x10
 Curls 7-7-7 3x
 Leg Ext. 2x12

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|------------------------------|---------------|------------------------------|---------------------|----------------------|
| Curls 3x10 | 100 15-18 ft. | Leg Press 2x15 | 100 3's | Leg Curls 2x12 |
| Pull-ups 2x max | 100 3's | Mikan & back board smacks | Standing Jumps 4x12 | Pyramid Push/Sit-ups |
| Sit-ups 2x55 | | Jump hooks 20 made each hand | CandleStick 4x22 | |
| Mikan & back board smacks | | Ft's 50 | | |
| Jump hooks 20 made each hand | | Sikma's 20 each block | | |
| Ft's 50 | | Up & Unders 20 each block | | |
| Sikma's 20 each block | | | | |
| Up & Unders 20 each block | | | | |

WEEK #4

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|----------------|------------------------------|---------------------|----------------------|
| Power Routine | 50 Ft's | DB Lateral raises 3x 8 | 50 Ft's | Incline Bench 2x12 |
| One arm rows 3x8 | 50 Lay-ups | Lat. Pull Downs 2x8 | 50 5-10 ft | Seated Rows 3x10 |
| Walking lunges 2x25 | 50 5-10 ft | Dips 2x max | 100 10-15 ft. | Curls 7-7-7 3x |
| Lat Pull Downs 2x8 | 100 10-15 ft. | Fly Series 2x10 | 100 15-18 ft. | Leg Ext. 2x12 |
| Curls 3x10 | 100 15-18 ft. | Leg Press 2x15 | 100 3's | Leg Curls 2x12 |
| Pull-ups 2x max | 100 3's | Mikan & back board smacks | Standing Jumps 4x12 | Pyramid Push/Sit-ups |
| Sit-ups 2x55 | | Jump hooks 20 made each hand | CandleStick 4x22 | |
| Mikan & back board smacks | | Ft's 50 | | |
| Jump hooks 20 made each hand | | Sikma's 20 each block | | |
| Ft's 50 | | Up & Unders 20 each block | | |
| Sikma's 20 each block | | | | |
| Up & Unders 20 each block | | | | |

WEEK #5

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|----------------|---------------------------|-----------------|------------------------|
| Power Routine | 50 Ft's | Military Press 3x8 | 50 Ft's | Bench 2x12 |
| Lunges 2x22 | 50 Lay-ups | Leg Ext. 3x8 | 150 18 ft. | Incline Dumbbells 2x15 |
| Shrugs 3x12 | 150 18 ft. | Leg Curls 3x8 | 50 Ft's | One arm Curls 3x15 |
| Sit-ups 2x55 | 50 Ft's | Dumbbell Press 3x10 | 200 3's | Lat Pull Downs 3x12 |
| Overhead Rows 2x12 | 200 3's | Pull-ups 2x max | 100 Post moves | Leg Press 2x12 |
| Dips 2x max | 100 Post moves | Sit-ups 2x55 | Broad Jumps 4x | Dips max |
| Curls 3x8 | | One arm rows 2x12 | Power skips 4x | Pyramid Push/Sit-ups |
| Mikan & back board smacks | | Mikan & back board smacks | Jump rope 4x | Fly Series 2x15 |

Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Side2sides 4x

WEEK #6

Monday

DB bench 3x10-8-6
Lunges 2x22
Shrugs 3x12
Sit-ups 2x55
Overhead Rows 2x12
Dips 2x max
Curls 3x8
Mikan & back board smacks
Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Tuesday

50 Ft's
50 Lay-ups
150 18 ft.
50 Ft's
200 3's
100 Post moves

Wednesday

Military Press 3x8
Leg Ext. 3x8
Leg Curls 3x8
Dumbbell Press 3x10
Pull-ups 2x max
Sit-ups 2x55
One arm rows 2x12
Mikan & back board smacks
Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Thursday

50 Ft's
150 18 ft.
50 Ft's
200 3's
100 Post moves
Broad Jumps 4x
Power skips 4x
Jump rope 4x
Side2sides 4x

Friday

Bench 2x12
Incline Dumbbells 2x15
One arm Curls 3x15
Lat Pull Downs 3x12
Leg Press 2x12
Dips max
Pyramid Push/Sit-ups
Fly Series 2x15

WEEK #7

Monday

One arm Curls 2x8
Curls 2x8
Tricep Ext. 3x8
Wrist Curls 2x10
Dips max
Pull-ups max
Step-ups 2x20
Mikan & back board smacks
Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Tuesday

50 Ft's
50 Lay-ups
50 Baseline Jumpers
50 Wing
50 Straight on
All 5-12 ft
50 Ft's
200 3's
100 Post moves

Wednesday

Power Routine
Incline Dumbbells 2x12
Military Press 2x10
Fly Series 2x12
Pyramid Push/Sit-ups
Mikan & back board smacks
Jump hooks 20 made each hand
Ft's 50
Sikma's 20 each block
Up & Unders 20 each block

Thursday

50 Ft's
50 Baseline Jumpers
50 Wing
50 Straight on
All 5-12 ft
50 Ft's
200 3's
100 Post moves
Standing Jumps 4x12
Candlestick 4x22

Friday

Lat Pull Downs 2x8
Shrugs 3x10
Seated Rows 2x12
Pull-ups 2x max
Lunges 2x25

WEEK #8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---------------------|------------------------------|---------------------|--------------------|
| One arm Curls 2x8 | 50 Ft's | Power Routine | 50 Ft's | Lat Pull Downs 2x8 |
| Curls 2x8 | 50 Lay-ups | Incline Dumbbells 2x12 | 50 Baseline Jumpers | Shrugs 3x10 |
| Tricep Ext. 3x8 | 50 Baseline Jumpers | Military Press 2x10 | 50 Wing | Seated Rows 2x12 |
| Wrist Curls 2x10 | 50 Wing | Fly Series 2x12 | 50 Straight on | Pull-ups 2x max |
| Dips max | 50 Straight on | Pyramid Push/Sit-ups | All 5-12 ft | Lunges 2x25 |
| Pull-ups max | All 5-12 ft | Mikan & back board smacks | 50 Ft's | |
| Step-ups 2x20 | 50 Ft's | Jump hooks 20 made each hand | 200 3's | |
| Mikan & back board smacks | 200 3's | Ft's 50 | 100 Post moves | |
| Jump hooks 20 made each hand | 100 Post moves | Sikma's 20 each block | Standing Jumps 4x12 | |
| Ft's 50 | | Up & Unders 20 each block | Candlestick 4x22 | |
| Sikma's 20 each block | | | | |
| Up & Unders 20 each block | | | | |

WEEK #9

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|----------------|------------------------------|-----------------|----------------------|
| Power Routine | 50 Ft's | Incline Dumbbells 2x8 | 50 Ft's | Bench 3x10 |
| Killer Curls 3x | 50 Lay-ups | Military Press 2x8 | 100 12-15 ft | Fly Series 2x12 |
| Pull-ups 2x max | 100 12-15 ft | Lat Pull Downs 2x8 | 100 18 ft | Shrugs 3x10 |
| Overhead Rows 2x12 | 100 18 ft | Leg Ext. 2x8 | 150 3's | Curls 7-7-7 2x |
| Dips 2x max | 150 3's | Leg Curls 2x8 | 50 Ft's | Pyramid Push/Sit-ups |
| Leg Press 2x12 | 50 Ft's | Sit-ups 2x55 | Broad Jumps 4x | |
| Mikan & back board smacks | | Mikan & back board smacks | Power skips 4x | |
| Jump hooks 20 made each hand | | Jump hooks 20 made each hand | Jump rope 4x | |
| Ft's 50 | | Ft's 50 | Side2sides 4x | |
| Sikma's 20 each block | | Sikma's 20 each block | | |
| Up & Unders 20 each block | | Up & Unders 20 each block | | |

WEEK #10

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------------|-----------------------|-----------------|-----------------|
| Power Routine | 50 Ft's | Incline Dumbbells 2x8 | 50 Ft's | Bench 3x10 |
| Killer Curls 3x | 50 Lay-ups | Military Press 2x8 | 100 12-15 ft | Fly Series 2x12 |

| | | | | |
|------------------------------|--------------|------------------------------|----------------|----------------------|
| Pull-ups 2x max | 100 12-15 ft | Lat Pull Downs 2x8 | 100 18 ft | Shrugs 3x10 |
| Overhead Rows 2x12 | 100 18 ft | Leg Ext. 2x8 | 150 3's | Curls 7-7-7 2x |
| Dips 2x max | 150 3's | Leg Curls 2x8 | 50 Ft's | Pyramid Push/Sit-ups |
| Leg Press 2x12 | 50 Ft's | Sit-ups 2x55 | Broad Jumps 4x | |
| Mikan & back board smacks | | Mikan & back board smacks | Power skips 4x | |
| Jump hooks 20 made each hand | | Jump hooks 20 made each hand | Jump rope 4x | |
| Ft's 50 | | Ft's 50 | Side2sides 4x | |
| Sikma's 20 each block | | Sikma's 20 each block | | |
| Up & Unders 20 each block | | Up & Unders 20 each block | | |