Name:_____

# Rincon/University Boys Basketball

## Day A

**Flat Bench**
Triceps
Military Press
Shoulders
Forearms

**Front Squat**
Quads
Calves
Lunges
Lower Back

## Day B

**Power Clean**
Biceps
Seated Row
Hamstrings
Upper Back
Traps
Abs

| Date> | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | |
| Flat Bench | | | | | | | | | | | | | | | | |
| Triceps | | | | | | | | | | | | | | | | |
| Mil Press | | | | | | | | | | | | | | | | |
| Shoulders | | | | | | | | | | | | | | | | |
| Forearms | | | | | | | | | | | | | | | | |
| Front Squat | | | | | | | | | | | | | | | | |
| Quads | | | | | | | | | | | | | | | | |
| Calves | | | | | | | | | | | | | | | | |
| Lower Back | | | | | | | | | | | | | | | | |
| Lunges | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Power Clean | | | | | | | | | | | | | | | | |
| Biceps | | | | | | | | | | | | | | | | |
| Seated Row | | | | | | | | | | | | | | | | |
| Hamstrings | | | | | | | | | | | | | | | | |
| Upper Back | | | | | | | | | | | | | | | | |
| Traps | | | | | | | | | | | | | | | | |
| Abs | | | | | | | | | | | | | | | | |

# Rincon/University Boys Basketball

## Upper Body

- Bench (P) – **Flat**, Incline, Decline, Dumbbell
- Triceps (6) – Pushdowns, Extensions, Nose Breakers, Overhead
- Military Press (6) – Dumbbell, Barbell
- Shoulders (6) – Three-Way, Flies, Upright Row
- Wrists – Rolls (2), Curls (12)
- Biceps (6) – Dumbbell, Barbell, Pulley Machine
- Upper Back (10) – Pull-ups, Pull-downs
- Traps (6)– Shoulder Shrugs, Dead Lift

## Lower Body

- Squat (P) – **Front**, Back, Dumbbell
- Quads (6) – Leg Extensions, Sled
- Calves (12) – Raises, Sled
- Lower Back (20) – Extensions
- Lunges (6) – Dumbbell, Barbell
- **Power Clean** (P)
- Seated Row (6)
- Hamstrings (6) – Straight Leg, Curls
- Abs (20) – Leg Throw Downs

| Date> | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | |
| Flat Bench | | | | | | | | | | | | | | | | |
| Triceps | | | | | | | | | | | | | | | | |
| Mil Press | | | | | | | | | | | | | | | | |
| Shoulders | | | | | | | | | | | | | | | | |
| Forearms | | | | | | | | | | | | | | | | |
| Front Squat | | | | | | | | | | | | | | | | |
| Quads | | | | | | | | | | | | | | | | |
| Calves | | | | | | | | | | | | | | | | |
| Lower Back | | | | | | | | | | | | | | | | |
| Lunges | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Power Clean | | | | | | | | | | | | | | | | |
| Biceps | | | | | | | | | | | | | | | | |
| Seated Row | | | | | | | | | | | | | | | | |
| Hamstrings | | | | | | | | | | | | | | | | |
| Upper Back | | | | | | | | | | | | | | | | |
| Traps | | | | | | | | | | | | | | | | |
| Abs | | | | | | | | | | | | | | | | |