Name:_____

Rincon/University Boys Basketball

Monday

Flat Bench
Triceps
Military Press
Front Squat
Quads
Calves

Tuesday

Power Clean
Biceps
Seated Row
Hamstrings

Thursday

Flat Bench
Shoulders
Forearms
Front Squat
Lunges
Lower Back

Friday

Power Clean
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

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