

PLYMOUTH GIRLS BASKETBALL

Summer Weight Training Work-Outs

Work –Out #1 – Upper Body Exercises

1. DB Bench – 3 X 12 Reps
2. Inverted Row – 3 X 6 Reps
3. DB Push-Up w/Row - 3 X 10 Reps
4. Arnold Press w/ Curl – 3 X 8 Reps
5. DB Triceps Press – 3 X 10 Reps

Work-Out #1 – Low Body Exercises

1. DB Squat Jumps – 3 X 5 Reps
 2. Trap Bar Deadlift – 3 X 10 Reps
 3. Hamstring Curls – 3 X 8 Reps
 4. Bench Step Ups w/ Dumbbells – 18 total, 9 w/ each leg
 5. Bungee Sidestepping – 18 each direction
-

Work-Out #2 – Upper Body Exercises

1. DB Bench – 3 X 10 Reps
2. Inverted Row – 3 X 8 Reps
3. DB Push-Up w/Row - 3 X 8 Reps
4. Arnold Press w/ Curl – 3 X 8 Reps
5. DB Triceps Press – 3 X 10 Reps

Work-Out #2 – Low Body Exercises

1. DB Squat Jumps – 3 X 5 Reps
 2. Trap Bar Deadlift – 3 X 8 Reps
 3. Hamstring Curls – 3 X 8 Reps
 4. Bench Step Ups w/ Dumbbells – 18 total, 9 w/ each leg
 5. Bungee Sidestepping – 18 each direction
-

Work-Out #3 – Upper Body Exercises

1. DB Bench – 3 X 8 Reps
2. Inverted Row – 3 X 8 Reps
3. DB Push-Up w/Row - 3 X 8 Reps
4. Arnold Press w/ Curl – 3 X 8 Reps
5. DB Triceps Press – 3 X 8 Reps

Work-Out #3 – Low Body Exercises

1. DB Squat Jumps – 3 X 5 Reps
 2. Trap Bar Deadlift – 3 X 8 Reps
 3. Hamstring Curls – 3 X 8 Reps
 4. Bench Step Ups w/ Dumbbells – 20 total, 10 w/ each leg
 5. Bungee Sidestepping – 20 each direction
-

Work-Out #4 – Upper Body Exercises

1. Barbell Bench – 3 X 8 Reps
2. DB Pullovers – 3 X 8 Reps
3. Bar Push-Ups – 3 X 10 Reps
4. Straight Arm Pulldowns – 3 X 10 Reps
5. Medicine Ball Slams – 3 X 8 Reps

Work-Out #4 – Lower Body Exercises

1. Step Down Jumps – 3 X 5 Reps
 2. Dumbbell SL Squats – 3 X 8 each
 3. SB Hamstrings – 3 X 8 Reps
 4. DB Walking Lunges – 2 X 16 Reps
 5. DB Sumo Squats – 3 X 8 Reps
-

Work-Out #5 – Upper Body Exercises

1. Barbell Bench – 3 X 8 Reps
2. DB Pullovers – 3 X 8 Reps
3. Bar Push-Ups – 3 X 10 Reps
4. Straight Arm Pulldowns – 3 X 8 Reps
5. Medicine Ball Slams – 3 X 8 Reps

Work-Out #5 – Lower Body Exercises

1. Step Down Jumps – 3 X 5 Reps
2. Dumbbell SL Squats – 3 X 8 each
3. SB Hamstrings – 3 X 8 Reps
4. DB Walking Lunges – 2 X 16 Reps
5. DB Sumo Squats – 3 X 8 Reps

Work-Out #6 – Upper Body Exercises

1. Barbell Bench – 3 X 8 Reps
2. DB Pullovers – 3 X 8 Reps
3. Bar Push-Ups – 3 X 12 Reps
4. Straight Arm Pulldowns – 3 X 8 Reps
5. Medicine Ball Slams – 3 X 6 Reps

Work-Out #6 – Lower Body Exercises

1. Step Down Jumps – 3 X 5 Reps
 2. Dumbbell SL Squats – 3 X 8 each
 3. SB Hamstrings – 3 X 8 Reps
 4. DB Walking Lunges – 2 X 18 Reps
 5. DB Sumo Squats – 3 X 8 Reps
-

Work-Out #7 – Upper Body Exercises

1. DB Bench – 3 X 8 Reps
2. Face Pulls – 3 X 8 Reps
3. Medicine Ball Push-Ups – 3 X 8 Reps
4. Rear Delt Flys – 3 X 8 Reps
5. DB Shrug W/ Curls – 3 X 8 Reps

Work-Out #7 – Upper Body Exercises

1. DB Squat Jumps - 3 X 5 Reps
 2. Trapbar Deadlift – 3 X 8 Reps
 3. Hamstring Curls – 3 X 8 Reps
 4. DB Swings – 3 X 10 Reps
 5. DB Side Lunges – 6 each side
-

Work-Out #8– Upper Body Exercises

1. DB Bench – 3 X 8 Reps
2. Face Pulls – 3 X 8 Reps
3. Medicine Ball Push-Ups – 3 X 8 Reps
4. Rear Delt Flys – 3 X 8 Reps
5. DB Shrug W/ Curls – 3 X 8 Reps

Work-Out #8 – Upper Body Exercises

1. DB Squat Jumps - 3 X 5 Reps
 2. Trapbar Deadlift – 3 X 8 Reps
 3. Hamstring Curls – 3 X 8 Reps
 4. DB Swings – 3 X 10 Reps
 5. DB Side Lunges – 6 each side
- During the summer you should be lifting a minimum of 3 times per week, each work-out should consist of 5 upper body exercises and 5 lower body exercises.
 - If you have any questions on any of the exercises, visit www.ajbrillstrength.weebly.com