

PHASE 2

Weeks 5-8: 4 Weeks

PHASE 2: In this phase we begin to jump into the plyometric aspect of training. Just like in phase one, we will focus on quality over quantity. Make sure that you are 100% recovered between sets so you can perform at your optimal level when completing the exercises.

When selecting to take advantage of the “Alternative Dunk Practice” days, make sure that you are working on your two legged take-offs as well as one leg take-offs. The key to a good take-off is speed and then force; the movement must be quick in order to get up as high as possible. Jump explosively. Trust in the strength we have built in Phase 1 and the rest will take care of itself over time as long as you're consistently max jumping. Make sure you are resting on your off days and make sure to take Week 8 OFF.

Also, you'll see that we start doing some upper body strength exercises in this phase. This is because we want to build a complete athlete. You can modify the workouts to include other upper body exercises, just stick with what we have here or even omit them if needed.

Monday: Plyo Workout #1 | Strength Workout #1

Tuesday: Scrimmage | Recovery Circuit

Wednesday: Off

Thursday: Plyo Workout #2

Friday: Full Court Sprints x 6 | Strength Workout #1

Saturday: Scrimmage | Recovery Circuit

Sunday: Off

Strength Workout #1

Hip Thrusts: 3 sets of 8

Box Squats: 5 sets of 5

Barbell Rows: 3 sets of 10

Incline Press: 3 sets of 10

Hanging Abs: 3 sets of 10

Walking Lunges: 3 sets of 8

Single Leg Calf Raises: 4 sets of 10

Plyo Workout #1

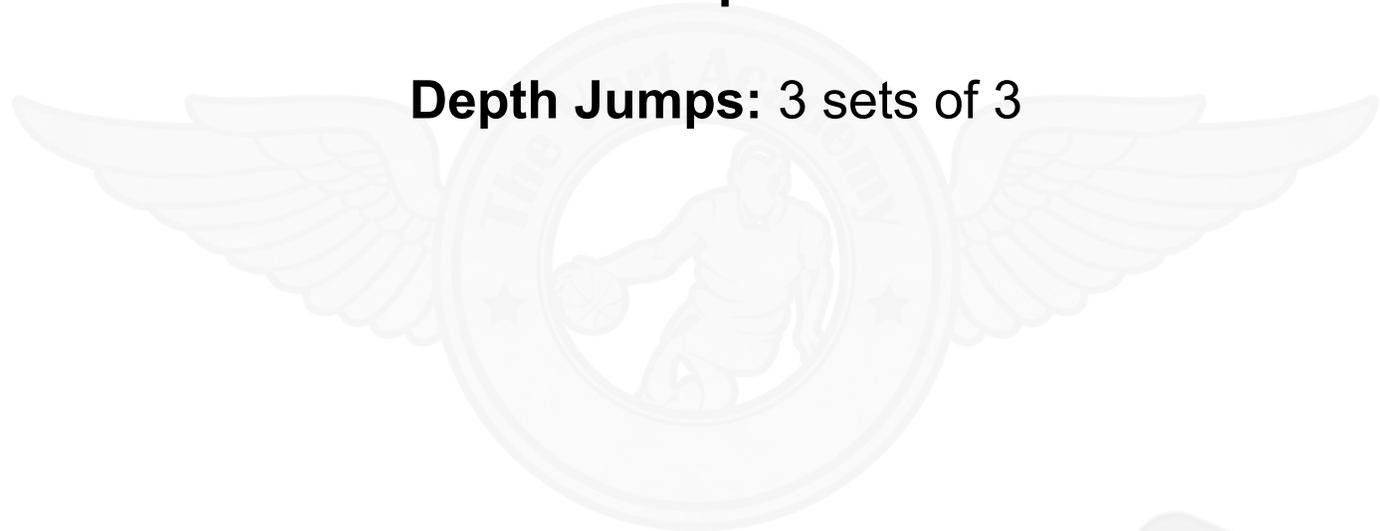
Calf Jumps: 4 sets of 10

Tuck Jumps: 4 sets of 5

Bulgarian Squat Plyos: 2 sets of 3 each leg

Max Vert Jumps: 6 sets of 3

Depth Jumps: 3 sets of 3



Plyo Workout #2

Broad Jumps: 3 sets of 3

Max Vert Jumps: 3 sets of 3

Skipping for Height: 2 sets of 3 each leg

Depth jumps: 3 sets of 3

Bulgarian Squat Plyo: 2 sets of 3 each leg