

In-Season Strength and Conditioning Program

(2 Days a Week)

Day 1 – Lower Body / Back

1. Jobe Workout
3-5 lb weights 1 x 10
Over head military press / over head military press w/ twist / lateral cross / side raise, thumbs down / side raise over head / front raise, thumb down / triceps / goal post rotator / bent over rotator rows
2. Leg Circuit
Body Weight Squats 1 X 20 – weight on heels
Lunges 1 X 10 each leg
Box Step Up 1 X 10 each leg
One Leg Squats on Box 1 X 10 each leg
3. Squats 3 X 10
4. Lunges 2 X 12 / Lateral Lunges 2 X 12
5. Leg Curls 2 X 12
6. Lat Pull-downs 2 X 12
7. Pull-ups 3 X MAX
8. Bent Over Rows 2 X 12
9. Abs Circuit: 6 X 25
10. Forearms 3X20

Day 2 – Upper Body / Shoulders

1. Jobe Workout
3-5 lb weights 1 x 10
Over head military press / over head military press w/ twist / lateral cross / side raise, thumbs down / side raise over head / front raise, thumb down / triceps / goal post rotator / bent over rotator rows
2. DB Neutral Grip Floor Press 3 X 10
3. DB Incline 3 X 10
4. Triceps Pushups 3 X 20
5. Reverse Curls 2 X 12
6. DB Extensions 2 X 12 /
7. Lateral Raises 2 X 12
8. Front Raises 2 X 12
9. Abs Circuit: 4 X 25
10. Forearms 3X20