

UMass Dartmouth Women		Name _____	
Summer		Week 7-Off	
		Weeks 8 and 9	
<b>WO# 1</b>	<b>*jump rope</b>		
1. Db Walking Lunge	24 total _____	20 total _____	16 total _____
<b>*remember, as your reps go down, you should try to increase the weight</b>			
2. Split Squat Jump – Cycle	16 total _____	16 total _____	
3. Standing Pro Press	10 _____	10 _____	8 _____ 8 _____
4. 1 or 2 Step Explosive Jumps	12 total jumps _____		
<b>*try to simulate how you would jump for your sport – get as high as you can on each jump – take a few seconds for each jump – pick out an object and try to touch it – (field hockey too)</b>			
5. Shoulder Fly/Shrugs (SS)	10/12 _____	10/12 _____	10/12 _____
6. Wrist Rolls	max cycles _____	max cycles _____	max cycles _____
7. Core Circuit 6	15/5 _____	15/5 _____	
<b>WO# 2</b>	<b>*barbell warm-up – practice all the movements involved in a hang clean</b>		
1. Hang Clean	5 _____	4 _____	3 _____
2. Lateral Box Jumps	24 touches _____	24 touches _____	24 touches _____
<b>*1 box – 2 elevators</b>			
3. 1 – arm Bent-over Row	10 _____	10 _____	8 _____ 8 _____
<b>*don't forget to use challenging weights for all sets, for all exercises</b>			
4. Db Bench Press	8 _____	8 _____	6 _____ 6 _____
5. Dips	8 _____	8 _____	8 _____
<b>*find a challenging number for the 8 repetitions</b>			
<b>* if you have no assisted Dip Machine, get into the up position for the dip and lower yourself on a six second count (negative dips); jump back up and repeat for 7 more reps</b>			
6. Stability Ball Crunches	25 _____	25 _____	
7. Standing Trunk Twist (10 lb. plt)	24 total _____		
8. Back Extensions	20 _____		
<b>WO# 3</b>	<b>*Stair Master – Level 20 – 5 minutes</b>		
1. Db Power Step-ups	10 _____	10 _____	10 _____
2. Db Squat Jumps	8 _____	8 _____	8 _____
3. 1-leg S-L-D-L (10-20 lb. Dbs)	10 each leg _____		10 each leg _____
4. Curl to Press	8 _____	8 _____	8 _____
5. Pull-ups (assisted if needed)	7-8 _____	7-8 _____	7-8 _____
6. Circuit – Jumping Jacks(40) – Speed Sqts.(15) – Mt. Climb.(30) – Sgt. Thrust to Jump(12)			
<b>* rest two minutes and repeat – this circuit should be done hard with no rest between exercises</b>			