

UMass Dartmouth Women		Name _____	
Summer		Week 5 and 6	
WO# 1		*practice Dot Drill	
1. Db Walking Lunge	20 total _____	20t _____	20t _____
2. Split Squat Jump – Cycle	16 total _____	16t _____	
3. Standing Pro Press	8 _____	8 _____	6 _____ 6 _____
4. Vertical Jump	6 _____	6 _____	
*use vertec – set at 96 inches – practice jumping as high as you can using good form – makenote of highest jump			
5. Front Plate Raise/Shoulder Fly (SS)	10/10 _____	10/10 _____	10/10 _____
6. Wrist Rolls	max cycles _____	max cycles _____	
7. Crunches/Foot Taps/Bicycles	20/20/20 _____	(repeat)	
WO# 2		*jump rope	
1. Hang Clean	5 _____	5 _____	5 _____
2. Db Squat Jumps	8 _____	8 _____	8 _____
*hold 5 lb. Dbs in each hand – get into jumping position and jump as high as you can – land in athletic position – repeat for two sets of 8 reps			
3. Seated Row	8 _____	8 _____	6 _____ 6 _____
4. Bench Press	8 _____	8 _____	6 _____ 6 _____
5. Dips	8 _____	8 _____	8 _____
6. Standing Trunk Twist (10 lb. plt.)	24 total _____	24 total _____	
WO# 3		*stair master – level 15 – 5 minutes	
1. Db Cross-over Step-ups	20 total _____	20 total _____	
2. Split Squat Jump-Cycle	12 _____	12 _____	
3. S-L-D-L	12 _____	12 _____	12 _____
4. Db Incline Press	8 _____	8 _____	8 _____
5. Pull-ups	10 _____	8 _____	8 _____ 6 _____
6. Curl-Press	8 _____	8 _____	8 _____
7. Push-ups	max reps _____		= _____ total reps
8. Core Circuit 6	15/5 _____	15/5 _____	
*15/5 – do 15 total reps, but hold for a five count in the up positio after every fifth rep			