

Level - 1 || Weeks - 3 & 4



| Team Sports Performance |
Programs by:

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Pg #	Micro 1,2,3,4																						
1	Meso 1																						
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU															
				220.	---	---	---	0.															
	Day 1	Week 3			Week 4				Day 2	Week 3			Week 4				Day 3	Week 3			Week 4		
L	DB Step Ups		10			10		L	Keiser Pull Through		10			10		U	Keiser Split Kneel 1 Arm		10			10	
0%	<i>b1</i>		10			10		0%	<i>b1</i>		10			10		0%	<i>b3</i>		10			10	
0	<i>b2</i>					10		0	<i>b2</i>					10		0	<i>b4</i>					10	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
		75%	5		75%	5				75%	5		75%	5				75%	5		75%	5	
L	Back Extension		10			10		L	Glute Bridge w/march		15			15		L	PB Leg Curl		5-3:1:1			5-3:1:1	
0%	<i>d1</i>		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1	
0	<i>d2</i>					10		0						10		0							
U	DB Chest Supported Row		10			10		A	Prone T's		15			15		U	Keiser Tall Kneel Pulldown		5-3:1:1			5-3:1:1	
0%	<i>e1</i>		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1	
0	<i>e2</i>					10		0						10		0							
A	Band Pull Aparts		10			10		A	Modified Clams		15			15		A	Lateral Bridge		:20			:25	
0%	<i>f1</i>		10			10		0%			15			15		0%			:20			:25	
0	<i>f2</i>					10		0						10		0							