

Level - 1 || Weeks - 5 & 6



| Team Sports Performance |  
Programs by:

[www.DANBOOTHBY.com](http://www.DANBOOTHBY.com)



Pg #		Micro 1,2,3,4																					
2		Meso 1																					
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU															
				---	---	---	---	0.															
Day 1		Week 5			Week 6																		
Day 2		Week 5			Week 6																		
Day 3		Week 5			Week 6																		
		%	rep.	wgt.	%	rep.	wgt.		%	rep.	wgt.	%	rep.	wgt.									
L	BW Squat w/ mini Band		10			10		L	PVC Overhead Squat		10			10		U	Pushups		10			10	
0%			10			10		0%			10			10		0%			10			10	
0						10		0						10		0						10	
L	DB Step Ups		10			10		L	Keiser Pull Through		10			10		U	Keiser Split Kneel 1 Arm		10			10	
0%	b1		10			10		0%	b1		10			10		0%	b3		10			10	
0	b2					10		0	b2					10		0	b4					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	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		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%	d1		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1	
0	d2					10		0						15		0						5-3:1:1	
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%	e1		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1	
0	e2					10		0						15		0						5-3:1:1	
A	Band Pull Aparts		10			10		A	Modified Clams		15			15		A	Lateral Bridge		:20			:25	
0%	f1		10			10		0%			15			15		0%			:20			:25	
0	f2					10		0						15		0						:25	