

Barbell Routine:

- Best to precede this routine with a run or bike, then maintain a high heart rate as lifting.
 - Do each exercise for :45 or 1:00 or 1:30 and do the routine continuously (no breaks) with just enough time to switch exercises.
1. Squat (bar in front) w/ Clean and Press.
 2. Squat w/ upright row (bar in front / palms in).
 3. Standard Squat (bar on shoulders) w/ overhead press.
 4. Squat (bar in front of chest), palms in facing body / overhead press.
 5. Squat (bar in front of legs / palms out), curl and press.
 6. Curls (palms out).
 7. Palms in (bar in front of chest), press overhead.
 8. Behind Head Press (overhead).
 9. Upright Row (palms in / lift to chin).
 10. Lunges w/ bar on shoulders.
 11. Side lunges / chin up (bar on shoulders).
 12. Hops w/ bar on shoulders.
 13. Curls w/ wall sit.
 14. Upright rows (to chin) w/ wall sit.
 15. Front press (palms in) w/ wall sit.
 16. Walking lunge w/ bar on shoulders.

Additional exercises:

1. Plyometric jumps to bleachers or plyometric box.
2. Side Plyo jumps.
3. Hands behind back, plyo jumps.
4. Med Ball Plyo jumps to bleachers or plyo box.
5. Low block:
 - a. Alternate feet.
 - b. Side steps.
6. High Box jumps.
7. Stretch Cords.
8. Weighted vest bleacher runs.
9. Wheels; Bridges (core).
10. Shoulder Therapy.

