



6 week mid-summer Big Skill Player Plan

Monday	Week 1	Week 2
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x8 each	2x10 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:15 each	2x:20 each
POWER CLEAN DEADLIFT	Warm-Up, 4x5	Warm-Up, 4x4
DB BENCH PRESS	2x12, 2x10	2x10, 2x8
ROMANIAN DEAD LIFT (RDL)	3x12	3x10
BARBELL BENT OVER ROW	2x12, 2x10	2x10, 2x8

Wednesday

SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x8 each	2x10 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:08 each	2x:10 each
DUMBBELL GOBLET SQUAT	Warm-Up, 2x8, 2x6	Warm-Up, 2x6, 2x5
STANDARD PUSH-UPS x 50 total reps	As many sets as required	As many sets as required
Hands = on DB's & Shoulder Width		
HYPEREXTENSION x 30 Total Reps	As many sets as required	As many sets as required
NEUTRAL GRIP PULL-UPS x 50 total reps	As many sets as required	As many sets as required

Friday

SHOULDER SERIES		
DB Lying T.Y.I Raise w/ Thumbs Up	2x8 each	2x12 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x3 each	2x4 each
POWER CLEAN SHRUG	Warm-Up, 4x5	Warm-Up, 4x4
DB INCLINE BENCH PRESS	2x12, 2x10	2x10, 2x8
bench setting @ 30deg, control DB's down		
DOUBLE Leg Glute Bridge	3x10	3x12
heels pulled tight to body, squeeze abs slowly extend hips as high as possible		
DB PRONE ROW	1x15, 1x12, 1x10, 1x8	1x12, 10, 1x8, 1x6

bench setting at 30deg incline

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Monday	Week 3	Week 4
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:25 each	2x:30 each
POWER CLEAN SHRUG	Warm-Up, 2x4, 2x3	Warm-Up, 4x3
DB BENCH PRESS (Alternating)	2x10, 2x8 each	2x8, 2x6 each
ROMANIAN DEAD LIFT (RDL)	3x10	3x8
BARBELL BENT OVER ROW	4x10	4x8

Wednesday	Week 3	Week 4
SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:10 each	2x:12 each
BARBELL FRONT SQUAT	Warm-Up, 2x8, 2x6	Warm-Up, 2x6, 2x5
SPIDERMAN PUSH-UPS x 40 total reps	As many sets as required	As many sets as required
Bring knee to elbow at bottom; switch		
REVERSE HYPER x 30 Total Reps	As many sets as required	As many sets as required
CHIN-UPS x 40 total reps	As many sets as required	As many sets as required

Friday	Week 3	Week 4
SHOULDER SERIES		
DB Lying T.Y.I Raise w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x4 each	2x5 each
POWER CLEAN HIGH PULL	Warm-Up, 4x3	Warm-Up, 4x3
DB INCLINE BENCH (Alternating/Opp. Arm Extended)	2x10, 2x8 each	2x8, 2x6 each
bench setting @ 30deg, control DB's down		
Single-Leg Glute Bridge	3x6 each	3x8 each
heels pulled tight to body, squeeze abs slowly extend hips as high as possible		
DB PRONE ROW	4x8	4x6
bench setting at 30deg incline		

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Monday	Week 5	Week 6
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x12 each	2x15 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:30 each	2x:40 each
POWER CLEAN HIGH PULL	Warm-Up, 4x3	Warm-Up, 2x3, 2x2
DB BENCH PRESS (Alternating/Opp. Arm Extended)	2x10, 2x8 each	2x8, 2x6 each
ROMANIAN DEAD LIFT (RDL)	3x8	3x6
SINGLE-ARM DB ROW	4x10	4x8

Wednesday	Week 5	Week 6
SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x12 each	2x15 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:12 each	2x:15 each
BARBELL FRONT SQUAT	Warm-Up, 2x5, 2x4	Warm-Up, 2x4, 2x3
Triangle PUSH-UPS x 40 total reps index fingers and thumbs touching	As many sets as required	As many sets as required
SUPERMAN SERIES	3x3 each	3x4 each
all four / upper / opposite R&L / opposite L&R		
controlled movement - pause at top for 1sec		
PULL-UPS x 40 total reps	As many sets as required	As many sets as required

Friday	Week 5	Week 6
SHOULDER SERIES		
DB Lying T.Y.I Raise w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x4 each	2x5 each
POWER CLEAN HIGH PULL	Warm-Up, 4x3	Warm-Up, 4x3
DB INCLINE BENCH (Alternating/Opp. Arm Extended)	2x10, 2x8 each	2x8, 2x6 each
bench setting @ 30deg, control DB's down		
Single-Leg Glute Bridge	3x6 each	3x8 each
heels pulled tight to body, squeeze abs slowly extend hips as high as possible		
DB PRONE ROW	4x8	4x6
bench setting at 30deg incline		