



# Mercyhurst Men's Basketball Strength & Conditioning Training Log

**Client:**

2019 Post-Season Phase 2 (Summer)

FMS Priority:

Day 1


RAMP
Foam Roll 5 min
Mini Band Hip Activation
Wall RAMP
Movement Integration
Neural Activation

Linear Speed Work
Acc. Wall Drills
Acc/Dec INs & OUTs
Plyometrics (2 sets)
NCM Box Jump (10)
HK MB Slams (5ea)
NCM Hurdle hops (5 ea)
HK MB Chest Pass (5ea)
Speed Notes


Plyo Notes

Core Training	Sets	Reps					
Inch Worm Plank (Aquaman)	2	60s /	/	/	/	/	/
TFW Bear Crawl	2	10yd/	/	/	/	/	/
SA KB Suitcase Carry	2	20yd/	/	/	/	/	/
		/	/	/	/	/	/

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Resistance Training	Exercise	Sets	Reps					
Cleans		4	6 /	/	/	/	/	/
Bench Prayers			5 /	/	/	/	/	/

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Deadlift (Ideally Trapbar)	3	8 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/
Chin Up (Band Assist)	3	10-12/	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/


2pt DB Row	2-3	10 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/
SL Squat	2-3	10 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/


Energy System Training	#	Level/Speed/Incline


Regeneration	Notes:
Foam Roll	
Stretch - Hamstring, Hip Flexor, Lat, Pec	



# Mercyhurst Men's Basketball Strength & Conditioning Training Log

**Client:**

2019 Post-Season Phase 2 (Summe

FMS Concerns:

Day 2


RAMP
Foam Roll 5 min
Mini Band Hip Activation
Wall RAMP

Multi-Directional Speed Work
Shuffle: Shuffle to Cut (R/A)
Crossover: Cross to Cut (R/A)
Drop Step: Drop to Sprint

Plyometrics (2 sets)
NCM Lateral Bound (10ea)
NCM Med/Lat Hurdle Hop (5ea)
Base NCM Bucket Tosses (10)

Agility Notes

Movement Integration

Neural Activation



Plyo Notes

Core Training	Sets	Reps				
Lat. Plank w/Row	2	30s	/	/	/	/
Anti-Rot Press Walk	2	3	/	/	/	/
Quadruped pos Gait Pattern w/ FB	2	10	/	/	/	/
			/	/	/	/

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Resistance Training	Exercise	Sets	Reps				
DB Snatch	4	6ea/	/	/	/	/	
Wall Slides		10	/	/	/	/	

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Bench Press	3	8	/	/	/	/
FMS Corrective:			/	/	/	/
RFESS	3	8	/	/	/	/
FMS Corrective:			/	/	/	/


90/90 Cable Row	2-3	10	/	/	/	/
FMS Corrective:			/	/	/	/
DB SL SLDL (2 DBs)	2-3	8ea/	/	/	/	/
FMS Corrective:			/	/	/	/


Energy System Training	#	Level/Speed/Incline


Regeneration
Foam Roll
Stretch - Hamstring, Hip Flexor, Lat, Pec

Notes:



# Mercyhurst Men's Basketball Strength & Conditioning Training Log

**Client:**

2019 Post-Season Phase 2 (Summe

FMS Concerns:

## Day 3


RAMP
Foam Roll 5 min
Mini Band Hip Activation
Wall RAMP

Linear Speed Work
Ball Drop Starts


Movement Integration

Plyometrics
Drop & Catch PU
NCM Leap matrix
Base For. Facing Bucket Toss
NCM Lateral Hurdle 180 Jumps


Neural Activation

Speed Notes

Plyo Notes

Core Training	Sets	Reps					
Rollout (Variations)	2	10 /	/	/	/	/	/
10-2 Rot	2	20 /	/	/	/	/	/
Cable Chop/Lift	2	10 /	/	/	/	/	/
		/	/	/	/	/	/

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

Resistance Training	Sets	Reps					
Exercise							
DB Push Press	4	6 /	/	/	/	/	/
45° Scap CARs	3	3 /	/	/	/	/	/

Lbs	Lbs	Lbs	Lbs	Lbs	Lbs

BB RDL/ Rack Pull	3	8 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/
Collapsed Kneel Cable Pulldown	3	10 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/


Push Ups (band assist)	2-3	10 /	/	/	/	/	/
Slider Lunge (Goblet)	2-3	10 /	/	/	/	/	/
Band CE MAX Bridge	2-3	10 /	/	/	/	/	/
<i>FMS Corrective:</i>		/	/	/	/	/	/


Energy System Training	#	Level/Speed/Incline				


Regeneration	
Foam Roll	Notes:
Stretch - Hamstring, Hip Flexor, Lat, Pec	


