

NOVEMBER
Post-Season/Active Rest

Weeks 1-2/3-4

Weeks 1-2

REST

Congratulations on completing another competitive season! For these first 2 weeks after your last competitive game (aka post-season), we want you to kick off your cleats, sit back, and relax. You owe it to your body. You can even extend this rest period to 3 weeks if you'd like.

Weeks 3-4

ACTIVE REST

Hopefully you've had a leisurely couple weeks.

Now it's time to get your body moving again. "Active Rest" is doing any kind of light aerobic activity. Remind your muscles what it's like to go through a range of motion again.

The BALL BUSTER ACADEMY fitness facility has tons of different things always going on which would suit your needs of active rest.

For Example:

Yoga
Swimming
Running
Spinning
Water Aerobics
Dance-Cardio
Gym courts (volleyball, basketball, badminton etc)

Other suitable activities include:

Leisurely hikes
Bike rides
Walking

...the list is endless! Use this time to get your creative juices going – try out new things! Make it fun!

DECEMBER
Legs, Torso, & Arms

Week 1

	Exercise	Reps	Sets	Weight	Rest
1A	Back Squat	10-12	3	75% 1RM (aka 10RM)	Compound
1B	Leg Press	10-12		75% 1RM	1.5 min
2A	Dead Lift	10-12	3	75% 1RM	Compound
2B	Hamstring Curl – Swiss Ball	10-12		75% 1RM	1.5min
3A	Standing Calf Raise	10-12	3	75% 1RM	1.5 min
4A	Upright Row	10-12	3	75% 1RM	Superset
4B	Bench Press	10-12		75% 1RM	1.5 min
5A	Triceps Dip	10-12	3	75% 1RM	Compound
5B	Narrow Push-Up	10-12		75% 1RM	1.5 min
6A	V-Up	10	3	BW	Compound
6B	Mason Twist	20		BW	45 sec

DECEMBER
Legs, Torso, & Arms

Week 2

	Exercise	Reps	Sets	Weight	Rest
1A	Back Squat	10-12	3-4	75% 1RM	Compound
1B	Leg Press	10-12		75% 1RM	1.5 min
2A	Dead Lift	10-12	3-4	75% 1RM	Compound
2B	Hamstring Curl – Swiss Ball	10-12		75% 1RM	1.5min
3A	Standing Calf Raise	10-12	3-4	75% 1RM	1.5 min
4A	Upright Row	10-12	3-4	75% 1RM	Superset
4B	Bench Press	10-12		75% 1RM	1.5 min
5A	Triceps Dip	10-12	3-4	75% 1RM	Compound
5B	Narrow Push-Up	10-12		75% 1RM	1.5 min
6A	V-Up	10	3-4	BW	Compound
6B	Mason Twist	20		BW	45 sec

DECEMBER
Legs, Torso, & Arms

Week 3

Exercise		Reps	Sets	Weight	Rest
1A	Back Squat	10-12	3-4	80% 1RM (aka 8RM)	Compound
1B	Leg Press	10-12		80% 1RM	1.5 min
2A	Dead Lift	10-12	3-4	80% 1RM	Compound
2B	Hamstring Curl – Swiss Ball	10-12		80% 1RM	1.5min
3A	Standing Calf Raise	10-12	3-4	80% 1RM	1.5 min
4A	Upright Row	10-12	3-4	80% 1RM	Superset
4B	Bench Press	10-12		80% 1RM	1.5 min
5A	Triceps Dip	10-12	3-4	80% 1RM	Compound
5B	Narrow Push-Up	10-12		80% 1RM	1.5 min
6A	V-Up	10	3-4	BW	Compound
6B	Mason Twist	20		BW	45 sec

DECEMBER
Legs, Torso, & Arms

Week 4

ACTIVE REST WEEK!

Everyday do some kind of light or light-moderate physical activity of your choice that doesn't involve going to the gym and lifting weights.

Sign up for one of BBA's spin classes! Do some BBA yoga!

More examples:

Swimming
Badminton
Volleyball
Nature Walks
Yoga
Yoga
Yoga

Activities should be 30-90 minutes and not overly taxing. Listen to your body. This is a good 7-day time frame to reward yourself for the hard work you've done for the last 3 weeks. Make it enjoyable, get some sweat going, and most importantly get rejuvenated for the next month's workouts so you can get back to the weight room raring to go!

...Namaste.

**JANUARY
Upper/Lower**

Week 1/2/3

Upper

Exercise		Reps			Sets			Weight (% 1RM)			Rest
1A	Bench Press	8-10	8-10	8-10	3	3	3-4	75	80	80	Superset
1B	Bent-Over Row	8-10	8-10	8-10				75	80	80	1.5 min
2A	Incline Bench-Press	8-10	8-10	8-10	3	3	3-4	75	80	80	Superset
2B	Assisted Chin-Up	8-10	8-10	8-10				75	80	80	1.5 min
3A	Arnold Press	8-10	8-10	8-10	3	3	3-4	75	80	80	Superset
3B	Lateral Raise	8-10	8-10	8-10				75	80	80	1.5 min
4A	Triceps Dips	8-10	8-10	8-10	3	3	3-4	75	80	80	Superset
4B	Biceps Curl	8-10	8-10	8-10				75	80	80	1.5 min
5A	Shrug	8-10	8-10	8-10	3	3	3-4	75	80	80	1.5 min

Lower

1A	Leg Press	8-10	8-10	8-10	3	3-4	3-4	75	75	80	Superset
1B	Barbell Hyperextens.	8-10	8-10	8-10				75	75	80	1.5 min
2A	Front Squat	8-10	8-10	8-10	3	3-4	3-4	75	75	80	Superset
2B	Straight-Leg Deadlift	8-10	8-10	8-10				75	75	80	1.5 min
3A	Standing Calf Raise	8-10	8-10	8-10	3	3-4	3-4	75	75	80	Compound
3B	Calf Press	8-10	8-10	8-10				75	75	80	1.5 min
4A	Cable Hip Abduction	8-10	8-10	8-10	3	3-4	3-4	75	75	80	Superset
4B	Cable Hip Adduction	8-10	8-10	8-10				75	75	80	1.5 min
5A	Decline Sit-Up	8-10	8-10	8-10	3	3-4	3-4	75	75	80	Superset
5B	Push-Crunch	8-10	8-10	8-10				75	75	80	1.5 min

**JANUARY
Upper/Lower**

Week 4

ACTIVE REST WEEK! *notes as per above

-Namaste

FEBRUARY
Chest & Back/Legs/Shoulders & Arms

Week 1/2/3

Chest & Back

Exercise		Reps			Sets			Weights (% 1RM)			Rest
1A	DB Bench Press	6-8	6-8	6-8	4	4	5	80	85	85	Superset
1B	Assisted Pull-Up	6-8	6-8	6-8	4	4	5	80	85	85	1.5 min
2A	Incline Bench Press	6-8	6-8	6-8	4	4	5	80	85	85	Superset
2B	Lever Incline Row	6-8	6-8	6-8	4	4	5	80	85	85	1.5 min
3A	Push Up	6-8	6-8	6-8	4	4	5	BW	BW	BW	Superset
3B	Inverted Row	6-8	6-8	6-8	4	4	5	BW	BW	BW	1.5 min
4A	Shrug	6-8	6-8	6-8	4	4	5	80	85	85	1.5 min

Legs

1A	Leg Press	6-8	6-8	6-8	3	3	3-4	80	85	85	Superset
1B	Straight-Leg Deadlift	6-8	6-8	6-8				80	85	85	1.5 min
2A	Back Squat	6-8	6-8	6-8	3	3	3-4	80	85	85	Superset
2B	Cable Leg-Curl	6-8	6-8	6-8				80	85	85	1.5 min
3A	Side-Plank with Leg Raise	6-8	6-8	6-8	3	3	3-4	80	85	85	Superset
3B	Cable Hip Adduction	6-8	6-8	6-8				80	85	85	1.5 min
4A	Seated Calf-Raise	6-8	6-8	6-8	3	3	3-4	80	85	85	Superset
4B	Reverse Calf-Raise	6-8	6-8	6-8				80	85	85	1.5 min
5A	Jack-Knife Sit-Up	6-8	6-8	6-8	3	3	3-4	80	85	85	Superset
5B	Incline Twisting Crunch	6-8	6-8	6-8				80	85	85	30 sec

Shoulders & Arms											
1A	Military Press	6-8	6-8	6-8	3	3-4	4	80	80	80	Superset
1B	Upright Row	6-8	6-8	6-8	3	3-4	4	80	80	80	Superset
1C	Lying Rear Delt Raise	6-8	6-8	6-8	3	3-4	4	80	80	80	1.5 min
2A	Triceps Dips	6-8	6-8	6-8	3	3-4	4	80	80	80	Compound
2B	Narrow Push-Up	6-8	6-8	6-8	3	3-4	4	80	80	80	1.5 min
3A	Biceps Curl	6-8	6-8	6-8	3	3-4	4	80	80	80	1.5 min
4A	Reverse Curl	6-8	6-8	6-8	3	3-4	4	80	80	80	Compound
4B	Hammer Curl	6-8	6-8	6-8	3	3-4	4	80	80	80	1.5 min
5A	Wrist Curl	6-8	6-8	6-8	3	3-4	4	80	80	80	1.5 min

<p>FEBRUARY</p> <p>Chest & Back/Legs/Shoulders & Arms</p> <p>Week 4</p>
<p>ACTIVE REST WEEK! *notes as per above</p> <p>-Namaste</p>

MARCH
Back & Bi/Chest & Tri/ Thighs/Shoulders, Calves, & Abs

Week 1/2/3

Back & Bi

Exercise		Reps			Sets			Weights (% 1RM)			Rest
1A	Parallel Close Grip Pull Up	4-6	4-6	4-6	4	4	5	80	85	85	Compound
1B	Close-Grip Pull Down	4-6	4-6	4-6	4	4	5	80	85	85	1.5 min
2A	Alternating Cable Curl	4-6	4-6	4-6	4	4	5	80	85	85	Compound
2B	DB Incline Curl	4-6	4-6	4-6	4	4	5	80	85	85	1.5 min
3A	Barbell Preacher Curl	4-6	4-6	4-6	4	4	5	80	85	85	Compound
3B	Concentration Curl	4-6	4-6	4-6	4	4	5	80	85	85	1.5 min
4A	Reverse Barbell Curl	4-6	4-6	4-6	4	4	5	80	85	85	Compound
4B	Hammer Preacher Curl	4-6	4-6	4-6	4	4	5	80	85	85	1.5 min

Thighs

1A	Back Squat	4-6	4-6	4-6	4	5	5	80	80	85	Compound
1B	Leg Press	4-6	4-6	4-6				80	80	85	1.5 min
2A	Calf Press	4-6	4-6	4-6	4	5	5	80	80	85	Compound
2B	Standing Calf Raises	4-6	4-6	4-6				80	80	85	1.5 min
3A	Single Leg Split-Squat	4-6	4-6	4-6	4	5	5	80	80	85	Compound
3B	Front Squat	4-6	4-6	4-6				80	80	85	1.5 min
4A	Straight Leg Hip Extension	4-6	4-6	4-6	4	5	5	80	80	85	Compound
4B	Single Leg Deadlift	4-6	4-6	4-6				80	80	85	1.5 min
5A	Hip Adduction	4-6	4-6	4-6	4	5	5	80	80	85	Superset
5B	Hip Abduciton	4-6	4-6	4-6				80	80	85	1.5 min

Chest & Tris

1A	Bench Press	4-6	4-6	4-6	4	4	5	80	85	85	Compound
1B	Cable Chest Press	4-6	4-6	4-6				80	85	85	1.5 min
2A	Triceps Dips	4-6	4-6	4-6	4	4	5	80	85	85	Compound
2B	Skull Crusher	4-6	4-6	4-6				80	85	85	1.5 min

3A	Push Up	4-6	4-6	4-6	4	4	5	80	85	85	Compound
3B	DB Fly	4-6	4-6	4-6				80	85	85	1.5 min
4A	Close Grip Bench Press	4-6	4-6	4-6	4	4	5	80	85	85	Compound
4B	Narrow Push Up	4-6	4-6	4-6				80	85	85	1.5 min
Shoulders, Calves, & Abs											
1A	Shoulder Press	4-6	4-6	4-6	3	4	4	80	80	85	Compound
1B	BD Shoulder Press	4-6	4-6	4-6				80	80	85	1.5 min
2A	Standing Calf Raise	4-6	4-6	4-6	3	4	4	80	80	85	Compound
2B	Calf Press	4-6	4-6	4-6				80	80	85	1.5 min
3A	Jack Knife Sit Up	4-6	4-6	4-6	3	4	4	80	80	85	Compound
3B	V-Up	4-6	4-6	4-6				80	80	85	30 s
4A	Upright Row	4-6	4-6	4-6	3	4	4	80	80	85	Compound
4B	Lateral Raise	4-6	4-6	4-6				80	80	85	1.5 min
5A	Seated Calf Raise	4-6	4-6	4-6	3	4	4	80	80	85	Compound
5B	Bent Knee Seated Calf Extension	4-6	4-6	4-6				80	80	85	1.5 min
6A	Incline Twist Crunch	4-6	4-6	4-6	3	4	4	80	80	85	Compound
6B	Mason Twist	4-6	4-6	4-6				80	80	85	30 s

MARCH

Back & Bi/Chest & Tri/ Thighs/Shoulders, Calves, & Abs

Week 4

ACTIVE REST WEEK! *notes as per above

-Namaste

APRIL
Kick, Throw, Up & Down, Jump, Quick Feet

Week 1/2/3

Goalie Stuff!

Exercise		Reps			Sets			Weight (% 1RM)			Rest
1a	Ladder Work	10	15	20	3	3	3	-	-	-	45 s
1A	Unilateral Hip Adduction	5	4	4	3	3	4	87	90	90	Superset
1B	Unilateral Hip Abduction	5	4	4				87	90	90	2 min
2A	Barbell Pull-Over	8	6	6	3	3	4	80	85	85	Compound
2B	Overhead Triceps Extension	5	4	4				87	90	90	2 min
3A	Forward Step Lunge	5	4	4	3	3	4	87	90	90	Superset
3B	Knee Extension	5	4	4				87	90	90	2 min
4A	Shoulder Internal Rotation	5	4	4	3	3	4	87	90	90	Superset
4B	Shoulder External Rotation	5	4	4				87	90	90	2 min
5A	Power Clean	10	10	8	3	3	4	75	75	80	Compound
5B	Push Jerk	8	8	6				80	80	85	2 min
6A	Burpees	15	15	20	1	2	2	BW	BW	BW	1 min
7A	Back Squat	5	4	4	3	3	4	87	90	90	2 min

APRIL
Kick, Throw, Up & Down, Jump, Quick Feet

Week 4

ACTIVE REST WEEK! *Notes as per above

-Namaste