



## **November**

### **REST**

The University soccer athletes have just finished their season at the end of October. These next two weeks all you need to do is.... REST! Sit back and relax, you've deserved it! In the next two weeks let our staff help you with any injuries you may have suffered or have been playing through.

### **ACTIVE REST**

To give your body some recovery time we ask that you partake in any or our activities here at BBA. Some activities include Swimming, Badminton, Volleyball, Basketball, Walks, Yoga, and Spin Classes! These active rest activities should be 30-90 minutes in duration and not overly exerting. Make sure you are having fun while doing these activities!

Once you've completed 3 weeks of training it is required that you have an active rest week. You've done extraordinary work these past weeks and now is the time to give your body a break.

## December

DEC	Week	1				2				3			
Order	Exercise (Lower Body)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up ( Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Overhead Squats	4	12	75% 1RM	Compound	4-5r	12	75% 1RM	Compound	4-5	12	80% 1 RM	Compound
2B	SB Single Leg Hamstring Curls	4	15	75% 1RM	1 min	4-5	15	75% 1RM	1 min	4-5	15	80% 1 RM	1 min
3A	Split Jerks	4	10 E	75% 1RM	Compound	4-5	10 E	75% 1RM	Compound	4-5	10 E	80% 1 RM	Compound
3B	SL Squat on Machine	4	12 E	75% 1RM	1 min	4-5	12 E	75% 1RM	1 min	4-5	12 E	80% 1 RM	1 min
4A	Pulley Leg Abduction	3	20 E	75% 1RM	Compound	3-4	20 E	75% 1RM	Compound	3-4	20 E	80% 1 RM	Compound
4B	Side Band Walks (resistance band)	3	20 E	BW	1 min	3-4	20 E	BW	1 min	3-4	20 E	80% 1 RM	1 min
5A	Pulley Leg Adduction	3	20 E	75% 1RM	Compound	3-4	20 E	75% 1RM	Compound	3-4	20 E	80% 1 RM	Compound
5B	Lateral Rotation of Hip (resistance band)	3	20 E	75% 1RM	1 min	3-4	20 E	75% 1RM	1 min	3-4	20 E	80% 1 RM	1 min
6A	Pulley Leg Extension	3	20 E	75% 1RM	Superset	3-4	20 E	75% 1RM	Superset	3-4	20 E	80% 1 RM	Superset
6B	Pulley Leg Flexion	3	20 E	75% 1RM	1 min	3-4	20 E	75% 1RM	1 min	3-4	20 E	80% 1 RM	1 min
7	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

DEC	Week	1				2				3			
Order	Exercise (Upper Body)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	MB Overhead Rapid Response	4	20	75% 1RM	Compound	4-5	20	75% 1RM	Compound	4-5	20	80% 1RM	Compound
2B	MB Lateral Pass Rapid Response	4	20 E	75% 1RM		4-5	20 E	75% 1RM		4-5	20 E	80% 1RM	
2C	MB Chest Pass Rapid Response	4	20	75% 1RM	1 min	4-5	20	75% 1RM	1 min	4-5	20	80% 1RM	1 min
3A	Chin Ups (Assisted)	4	8	BW	Compound	4-5	8	BW	Compound	4-5	8	BW	Compound
3B	Push Ups	4	15	BW	1 min	4-5	15	BW	1 min	4-5	15	BW	1 min
4A	Powel Raise	3	10	75% 1RM	Compound	3-4	10	75% 1RM	Compound	3-4	10	80% 1RM	Compound
4B	Turkish Get Ups (with dumbbell)	3	8 E	75% 1RM	1 min	3-4	8 E	75% 1RM		3-4	8 E	80% 1RM	1 min
4C	Bent Over Dumbbell Rows	3	10	75% 1RM		3-4	10	75% 1RM	1 min	3-4	10	80% 1RM	
5A	Parallel Bar Dips (Assisted)	3	10	BW	Compound	3-4	10	BW	Compound	3-4	10	BW	Compound
5B	Rope Pulls	3	10	75% 1RM	1 min	3-4	10	75% 1RM	1 min	3-4	10	80% 1RM	1 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

Week 4 → See Above For Active Rest

**January**

JAN	Week	1				2				3			
Order	Exercise (Lower Body)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Trap Bar Dead Lifts	4	10	75% 1RM	Superset	4-5	10	75% 1RM	Superset	4-5	10	80% 1RM	Superset
2B	Squats on Machine	4	8	75% 1RM	1 min	4-5	8	75% 1RM	1 min	4-5	8	80% 1RM	1 min
3A	Rear Foot Elevated Squats	4	10 E	75% 1RM	Compound	4-5	10 E	75% 1RM	Compound	4-5	10 E	80% 1RM	Compound
3B	Spiderman Lunge w/ Rotation	4	8 E	BW	1 min	4-5	8 E	BW	1 min	4-5	8 E	BW	1 min
4A	SL Calf Raises	3	10 E	75% 1RM	Superset	3-4	10 E	75% 1RM	Superset	3-4	10 E	80% 1RM	Superset
4B	Goblet Side Lunges	3	8 E	75% 1RM	1 min	3-4	8 E	75% 1RM	1 min	3-4	8 E	80% 1RM	1 min
5A	SL Dead Lift with MB	3	12 E	75% 1RM	Compound	3-4	12 E	75% 1RM	Compound	3-4	12 E	80% 1RM	Compound
5B	SL Squat to Bench (with dumbbell)	3	10 E	75% 1RM	1 min	3-4	10 E	75% 1RM	1 min	3-4	10 E	80% 1RM	1 min
6A	Ankle Inversion	3	15 E	75% 1RM	Compound	3-4	15 E	75% 1RM	Compound	3-4	15 E	80% 1RM	Compound
6B	Ankle Eversion	3	15 E	75% 1RM	30 sec	3-4	15 E	75% 1RM	30 sec	3-4	15 E	80% 1RM	30 sec
7	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

JAN	Week	1				2				3			
Order	Exercise (Upper Body)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Military Press	4	10	75% 1RM	Compound	4-5	10	75% 1RM	Compound	4-5	10	80% 1RM	Compound
2B	Lateral Pull Down	4	10	75% 1RM	1 min	4-5	10	75% 1RM	1 min	4-5	10	80% 1RM	1 min
3A	Single Arm Snatch	4	10 E	75% 1RM	Compound	4-5	10 E	75% 1RM	Compound	4-5	10 E	80% 1RM	Compound
3B	Cable Flys	4	12	75% 1RM	1 min	4-5	12	75% 1RM	1 min	4-5	12	80% 1RM	1 min
4A	Barbell Bench Press	3	8	75% 1RM	Compound	3-4	8	75% 1RM	Compound	3-4	8	80% 1RM	Compound
4B	Dumbbell Arnold Press	3	10	75% 1RM	1 min	3-4	10	75% 1RM	1 min	3-4	10	80% 1RM	1 min
5A	Back Extension	3	12	75% 1RM	Compound	3-4	12	75% 1RM	Compound	3-4	12	80% 1RM	Compound
5B	Pike on SB	3	10	75% 1RM	1 min	3-4	10	75% 1RM	1 min	3-4	10	80% 1RM	1 min
6A	Dumbbell Curls (Alternating)	3	10 E	75% 1RM	Compound	3-4	10 E	75% 1RM	Compound	3-4	10 E	80% 1RM	Compound
6B	Rowing Machine	3	1 min	75% 1RM	1 min	3-4	1 min	75% 1RM	1 min	3-4	1 min	80% 1RM	1 min
7	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

Week 4 → See Above For Active Rest

## February

FEB	Week	1				2				3			
Order	Exercise (Full Body 1)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Barbell Bench Press	4	12	75% 1RM	Compound	4-5	12	75% 1RM	Compound	4-5	12	80% 1RM	Compound
2B	Incline Bench Press	4	10	75% 1RM	1 min	4-5	10	75% 1RM	1 min	4-5	10	80% 1RM	1 min
3A	Close Grip Bench Press	4	8	75% 1RM	Superset	4-5	8	75% 1RM	Superset	4-5	8	80% 1RM	Superset
3B	Parallel Bar Dips (assisted)	4	8	75% 1RM	1 min	4-5	8	75% 1RM	1 min	4-5	8	80% 1RM	1 min
4A	Deep Squats	3	6	75% 1RM	Compound	3-4	6	75% 1RM	Compound	3-4	6	80% 1RM	Compound
4B	Barbell Two Legged Dead Lifts	3	6	75% 1RM		3-4	6	75% 1RM		3-4	6	80% 1RM	
4C	Dumbbell Lunges	3	8 E	75% 1RM	2 min	3-4	8 E	75% 1RM	2 min	3-4	8 E	80% 1RM	2 min
5A	Heel Touches (left + right = 1)	3	50	75% 1RM	Compound	3-4	50	75% 1RM	Compound	3-4	50	80% 1RM	Compound
5B	Supine Double leg lower	3	15	75% 1RM	30 sec	3-4	15	75% 1RM	30 sec	3-4	15	80% 1RM	30 sec
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

FEB	Week	1				2				3			
Order	Exercise (Back, Biceps, Shoulders, Traps, Abs)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Wide Grip Pull Up (assisted)	3	8	75% 1RM	Compound	3-4	8	75% 1RM	Compound	3-4	8	80% 1RM	Compound
2B	Bent Over Barbell Rows	3	8	75% 1RM		3-4	8	75% 1RM		3-4	8	80% 1RM	
2C	Chin Ups (assisted)	3	8	75% 1RM		3-4	8	75% 1RM		3-4	8	80% 1RM	
2D	Cable Rows	3	8	75% 1RM	2 min	3-4	8	75% 1RM	2 min	3-4	8	80% 1RM	2 min
3A	Military Press	3	8	75% 1RM	Compound	3-4	8	75% 1RM	Compound	3-4	8	80% 1RM	Compound
3B	Seated Dumbbell Press (alternating)	3	8 E	75% 1RM		3-4	8 E	75% 1RM		3-4	8 E	80% 1RM	
3C	Shrugs	3	8	75% 1RM		3-4	8	75% 1RM		3-4	8	80% 1RM	
3D	Upright Rows	3	8	75% 1RM	2 min	3-4	8	75% 1RM	2 min	3-4	8	80% 1RM	2 min
4A	Jackknifes	3	10	75% 1RM	Compound	3-4	10	75% 1RM	Compound	3-4	10	80% 1RM	Compound
4B	Superman's w/ Twist	3	8 E	75% 1RM	1 min	3-4	8 E	75% 1RM	1 min	3-4	8 E	80% 1RM	1 min
5	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

Week 4 → See Above For Active Rest

### March

MAR	Week	1				2				3			
Order	Exercise (Chest and Biceps)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Hammer Curl	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Incline Dumbbell Curl	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
3A	Arnold Dumbbell Curl	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Seated Row	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
4A	Bench Press	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Chest Press w/ Cable	4	4	80% 1RM		4	5	80% 1RM		4	5	85% 1RM	
4C	Fly's w/ Cable	4	4	80% 1RM		4	5	80% 1RM		4	5	85% 1RM	
4D	Push Up	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	
MAR	Week	1				2				3			
Order	Exercise (Back and Triceps)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Military Press	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Lateral Pull Down (Wide Grip)	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
3A	Bent Over Barbell Row	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Lateral Pull Down (Close Grip)	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
4A	Tricep Dips	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Rope Pulls	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
5A	Push Up (Hands together)	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
5B	Tricep Extension (resistance band)	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	



MAR	Week	1				2				3			
Order	Exercise (Quads, Hamstrings, Abs)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Back Squat	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Single Legged Leg Press (machine)	4	4 E	80% 1RM	3 min	4	5 E	80% 1RM	3 min	4	5 E	85% 1RM	3 min
3A	Front Squat	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Rear Foot Elevated Split Squat	4	4 E	80% 1RM	3 min	4	5 E	80% 1RM	3 min	4	5 E	85% 1RM	3 min
4A	Single Leg Dead Lift w/ MB	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Front Lunge	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
5A	Mason Twist w/ MB	4	30 sec	80% 1RM	Compound	4	35 sec	80% 1RM	Compound	4	35 sec	85% 1RM	Compound
5B	Scissor Kicks	4	30 sec	80% 1RM	3 min	4	35 sec	80% 1RM	3 min	4	35 sec	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

Week 4 → See Above For Active Rest

## April

APR	Week	1				2				3			
Order	Exercise (Full Body 1: Hips and Calfs)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Hip Adduction w/ Cable	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Seated Hip Adduction on Machine	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
3A	Hip Abduction w/ Cable	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Seated Hip Abduction on Machine	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
4A	Decline Sit Up	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Vertical Leg Raises	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
5A	Standing Calf Raise	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
5B	Seated Calf Extension on Machine	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	
APR	Week	1				2				3			
Order	Exercise (Full Body 2: Back and Quads)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Front Squat	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Dumbbell Step Up	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
3A	SL Leg Extension	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Front Step Lunge with Dumbbell	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
4A	Wide Grip Pull Ups (assisted)	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Lateral Pull Down	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
5A	Back Extension w/ MB	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
5B	Superman's	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

APR	Week	1				2				3			
Order	Exercise (Full Body 3: Hamstrings and Abs)	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest	Sets	Reps	Load	Rest
1	Cardio Warm Up (Cycle, Stairmaster, etc.)			10-15 min				10-15 min				10-15 min	
2A	Trap Bar Dead Lift	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
2B	Leg Curls on Machine	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
3A	Box Jumps (Highest Box)	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
3B	Power Cleans	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
4A	Air Bike	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
4B	Side Plank- Plank- Side Plank Continuous	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
5A	3/4 Sit Up	4	4	80% 1RM	Compound	4	5	80% 1RM	Compound	4	5	85% 1RM	Compound
5B	Jackknifes	4	4	80% 1RM	3 min	4	5	80% 1RM	3 min	4	5	85% 1RM	3 min
6	Cool Down (foam rolling and stretching)			10-15 min				10-15 min				10-15 min	

Week 4 → See Above For Active Rest