

3 days Sophomore pre season **Basketball** Size (part 1)

Day 1	Sets	Reps	Rest	Weight Done	Reps Done
Incline Bench Press	3	10	45		
Bench Press	3	12	45		
Incline Dumbbell Chest Flies	3	8	0		
Incline Dumbbell Bench Press	3	8	60		
Dips	3	12	45		
Close Grip Decline Press	3	12	45		
Overhead Triceps Extensions	3	12	45		
Bench Dips	3	15	45		

Day 2	Sets	Reps	Rest	Weight Done	Reps Done
Seated Rows	3	10	45		
Pull-ups	3	12	45		
Single Arm Dumbbell Rows	3	12	45		
V-Bar Lat Pulldowns	3	12	45		
Lat Pulldowns	3	12	45		
Barbell Curls	3	12	45		
Laying Cable Curls	3	12	45		
Iso Curls	3	15	45		

Day 3	Sets	Reps	Rest	Weight Done	Reps Done
Jump Squats	3	8	60		
Deadlifts	3	8	60		
Leg Press	3	12	45		
Step-up	3	12	45		
Goodmornings	3	12	45		
Backward Lunge	3	15	45		
Calf Raises	3	15	45		
Planks	3	1 min	60		