

Weight Training (2 Times a week)	Reps X Sets
Parallel squat	3 x 12 (1 RM of 70% of your one rep max, for example if your one max is 225 you would only do 70% of that for one rep and set
Push Press (Front)	4 x 6 (6 RM)
Prone Hamstring Curl Machine preferred if not use a band (For this use both legs to bring the concentric part, then lower it down with one leg (controlled slow) this part is eccentric (lighter weight)	4 x 8
Shrug Pulls	4 x 5
Leg Press (inverted) the idea here is to control it on the way down and then explode on the way up. (Eccentric -> Concentric) (GO LIGHT)	4 x 12
Weight training Day Two (Once a week)	
Bench Press (Go with a lighter weight and do pause when the bar reaches below your chest and explode up. (1 RM of 70% your one-rep max)	3 x 12
Dumbbell Lateral Raises Superset with Dumbbell Rear Lateral Raises	3 x 8 (for both)
Incline Chest Press (Dumbbell) Superset with Dips (but make sure you are hitting more tricep in your dip instead of chest or shoulders)	4 x 8 (For incline Chest Press) for Dips (4 x 5)
Seated Shoulder Press (I prefer if you use a machine as less chance to get injured if not dumbbells are good)	3 x 12
Tricep cable extensions super set with flat dumbbell tricep extensions	3 x 8
Plyometrics (2 times a week)	
Rim Jumps Superset exploded runs (meaning start walking and accelerate into a sprint for 3 seconds go back to walk then run repeat..)	4 x 8 (for rim jumps) 4 x ^ (for the runs)
Depth Jumps (any box will work, but if you want to be challenged you can use a higher box)	3 x 10
Side to side ankle hops (you can do it with an object in between but do not have too) super set with Knee Jumps	3 x 10 (ankle hop) 3 x 4 (Knee jumps)
Front Box Jump (make sure your landing is soft)	3 x 10
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