**In-Season Lifting Plan**

**Wednesday**

* Seated Box Jump - 3 x 8
* Banded Pull Aparts - 3 x 12
* Hex Bar Deadlift - 3 x 10
* Tempo Close Grip Bench Press (-4) - 3 x 10
* Single Leg Glute Bridge off Bench - 3 x 10
* Pull Ups - 3 x 10
* Medicine Ball Rotational Slam - 3 x 10
* Medicine Ball Plank Pass - 3 x 10

**Sunday**

* MB Slam - 4 x 12
* Banded Bent Leg Walk - 4 x 12 strides
* DB Step Up w/ Knee Drive - 3 x 10 each leg
* DB Overhead Push Press - 3 x 10
* DB Romanian Deadlift - 3 x 10
* DB Single Arm Bench Row - 3 x 10 each arm
* Medicine Ball Sit Up Pass - 3 x 30 seconds
* Planks - 3 x 1 minute