



COLLEGE OFF-SEASON TRAINING PROGRAM FOR BASKETBALL

12-WEEK COMPREHENSIVE STRENGTH, SPEED & POWER PROGRAM

This comprehensive 12-week weight lifting program is designed for college-level basketball players in the off-season. It focuses on building strength, speed, and jumping power through compound movements and isolation exercises, structured to be performed four times a week.

PHASE 1: FOUNDATION PHASE (WEEKS 1-4)

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	4 sets of 6-8 reps (2-3 minutes rest)
Pull-Ups	4 sets of 6-8 reps (2-3 minutes rest)
Overhead Press	3 sets of 8-10 reps (2 minutes rest)
Bent Over Rows	3 sets of 8-10 reps (2 minutes rest)
Bicep Curls	3 sets of 10-12 reps (1.5 minutes rest)
Tricep Dips	3 sets of 10-12 reps (1.5 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	4 sets of 6-8 reps (3 minutes rest)
Deadlifts	4 sets of 6-8 reps (3 minutes rest)
Leg Press	3 sets of 10-12 reps (2 minutes rest)
Hamstring Curls	3 sets of 10-12 reps (1.5 minutes rest)
Calf Raises	3 sets of 15 reps (1.5 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	4 sets of 4-6 reps (3 minutes rest)
Push Press	4 sets of 4-6 reps (2-3 minutes rest)
Box Jumps	3 sets of 10 reps (2 minutes rest)
Sled Pushes	3 sets of 20 meters (2 minutes rest)
Plyometric Lunges	3 sets of 10 reps per leg (1.5 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	4 sets of 6-8 reps (3 minutes rest)
Incline Dumbbell Press	3 sets of 8-10 reps (2 minutes rest)
Lat Pulldowns	3 sets of 10-12 reps (2 minutes rest)
Lateral Raises	3 sets of 12-15 reps (1.5 minutes rest)
Plank	3 sets of 1 minute (1 minute rest)
Russian Twists	3 sets of 20 reps (1.5 minutes rest)

PHASE 2: STRENGTH AND POWER PHASE (WEEKS 5–8)

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	5 sets of 5 reps (3 minutes rest)
Pull-Ups	5 sets of 5 reps (3 minutes rest)
Overhead Press	4 sets of 6-8 reps (2-3 minutes rest)
Bent Over Rows	4 sets of 6-8 reps (2-3 minutes rest)
Bicep Curls	4 sets of 8-10 reps (2 minutes rest)
Tricep Dips	4 sets of 8-10 reps (2 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	5 sets of 5 reps (3 minutes rest)

EXERCISE	SETS, REPS & REST
Deadlifts	5 sets of 5 reps (3 minutes rest)
Leg Press	4 sets of 8-10 reps (2-3 minutes rest)
Hamstring Curls	4 sets of 8-10 reps (2 minutes rest)
Calf Raises	4 sets of 12 reps (2 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	5 sets of 3-5 reps (3 minutes rest)
Push Press	5 sets of 3-5 reps (3 minutes rest)
Box Jumps	4 sets of 8 reps (2-3 minutes rest)
Sled Pushes	4 sets of 20 meters (2 minutes rest)
Plyometric Lunges	4 sets of 8 reps per leg (2 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	5 sets of 5 reps (3 minutes rest)
Incline Dumbbell Press	4 sets of 6-8 reps (2-3 minutes rest)
Lat Pulldowns	4 sets of 8-10 reps (2-3 minutes rest)
Lateral Raises	4 sets of 10-12 reps (2 minutes rest)
Plank	4 sets of 1 minute (1 minute rest)
Russian Twists	4 sets of 16 reps (2 minutes rest)

PHASE 3: PEAK PHASE (WEEKS 9–12)

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	6 sets of 4 reps (3 minutes rest)
Pull-Ups	6 sets of 4 reps (3 minutes rest)
Overhead Press	5 sets of 5 reps (2-3 minutes rest)
Bent Over Rows	5 sets of 5 reps (2-3 minutes rest)
Bicep Curls	5 sets of 6-8 reps (2 minutes rest)

EXERCISE	SETS, REPS & REST
Tricep Dips	5 sets of 6-8 reps (2 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	6 sets of 4 reps (3 minutes rest)
Deadlifts	6 sets of 4 reps (3 minutes rest)
Leg Press	5 sets of 6-8 reps (2-3 minutes rest)
Hamstring Curls	5 sets of 6-8 reps (2 minutes rest)
Calf Raises	5 sets of 10 reps (2 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	6 sets of 3 reps (3 minutes rest)
Push Press	6 sets of 3 reps (3 minutes rest)
Box Jumps	5 sets of 6 reps (2-3 minutes rest)
Sled Pushes	5 sets of 20 meters (2 minutes rest)
Plyometric Lunges	5 sets of 6 reps per leg (2 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	6 sets of 4 reps (3 minutes rest)
Incline Dumbbell Press	5 sets of 5 reps (2-3 minutes rest)
Lat Pulldowns	5 sets of 6-8 reps (2-3 minutes rest)
Lateral Raises	5 sets of 8-10 reps (2 minutes rest)
Plank	5 sets of 1 minute (1 minute rest)
Russian Twists	5 sets of 12 reps (2 minutes rest)

PROGRAM NOTES & GUIDELINES

- **Warm-Up:** Always start with a 10-15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression:** Gradually increase the weight each week to continue challenging your muscles.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent overtraining.

UNCONQUERED. UNBREAKABLE. INVICTUS.

invictussports.org | [@invictus_unconquered](https://www.instagram.com/invictus_unconquered)

This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.