

# CONNECTICUT TOP BALLERZ

## **Monday -- Supersets**

### **Set 1 - repeat 3x15:**

Dumbbell fly

Incline chest press

Weighted Swiss ball crunch

### **Set 2 - perform once:**

Angled pull-up: Alternate pulling yourself up toward one of your hands (rather than straight up the middle)

Elliptical machine (1 minute forward, 1 minute backward)

### **Set 3 - repeat 3 times:**

Bench dip 3x max

Single-arm overhead tricep extension with dumbbell 3x 15

Reaching medicine ball lunge: Move a medicine ball from your upper left to your lower right as you lunge, and alternate sides 3 x 15

### **Set 4 - repeat 3 times:**

Medicine ball slam: Grab a comfortably heavy medicine ball and slam it on the floor 3x12

Dumbbell Squat Toss 3x12 (Start standing in a squat stance with a 10 lb weight by your hip, squat down as if doing a regular squat, the weight should almost touch the floor, on the way up toss the weight in the air and catch it with the other arm with the arm straight out. Repeat 12x High Knees 3x30 secs

### **Set 5 - repeated 3x15 times**

Staggered stance squat with calf raise: With one foot slightly in front of the other, squat, then rise and do a calf raise

Fall down push up (while on knees fall face first, but catch yourself and lower yourself slowly to the ground, then explode back up the original position)

Lying dumbbell wood chop: Lie on a bench and move a dumbbell from over your head to one side of your body, and repeat on other side

### **Set 6 - perform once:**

Stationary bike (1 minute sitting followed by 1 minute standing)

Stair climber (1 minute without holding onto the handrails)

### **Tuesday -- Cardio**

Choose one or more cardio machines at the gym or a sport of your choice, and keep moving for 30 to 45 minutes, varying the intensity and pace. The key to this is to keep changing it up so your body never becomes bored and biomechanically used to one action.

### **Wednesday -- Supersets**

#### **Set 1 - repeat 3x12 times:**

Wide-grip lat pulldown

Swiss ball crunch with medicine ball toss: Lying on a Swiss ball with your arms overhead holding a medicine ball, crunch up and throw the medicine ball forward to a partner, then have them throw it back to you, and repeat

Jump squat: Squat down until you are at a 90 degree angle, and then explode upward, jumping as high as you can and landing once again into your next squat (dumbbells in hands)

#### **Set 2 - perform once:**

Stair climber (1 minute both legs, 1 minute left leg, 1 minute right leg, then 1 minute both legs again)

Jump rope (200 skips as fast as possible)

#### **Set 3 - perform twice:**

Angled pull-up single-leg, single-arm bent-over row: Stand on your right leg, bend over and perform a row with your left arm, then switch sides

Hook (40 to 60 hooks thrown into a punching bag, if no punching bag, then just into the air)

**Set 4 - elliptical machine:**

Elliptical suicides: Run fast for 10 seconds, slow for 10, then fast for 20, slow for 20, etc.. up to 30, then 30 back down to 10.... will equal 4 total minutes

**Set 5 - repeat 3 times:**

Uneven barbell curl: 3x8 Place hands in a shoulder-width grip, move one hand toward the center, and curl; after reps are completed, move the other hand to the middle and repeat

Single-arm dumbbell shrug: 3x15 Holding a dumbbell in one hand, with the other hand against the small of your back (palm facing out), shrug upward; switch sides

Calf raises 3x15

**Set 6 - perform once:**

Cycle (3 minutes)

Dumbbell deadlift to curl: 3x12 Bend over and grab dumbbells, palms facing inward, then move to an upright position and curl the weights to your shoulders, rotating palms as you move upward; reverse wrist position as you lower them to the starting position

Cable crunch: 3x40 Kneeling in front of a cable machine, hold the rope attached to the cable near your ears, curl down into a crunch position, hold, then return to start

Barbell wrist curl 3x15

**Thursday -- Cardio**

Repeat Tuesday's workout (but change activities)

**Friday -- Supersets**

Repeat Monday's workout

**Weekend -- Rest**

Every day is a superset. For a superset you do one exercise, and then go right to the next exercise on the list, then to the third one. After completing the third one you give yourself a 60-90 second rest. If you have ANY questions at all, please do not hesitate to contact me. This is a phenomenal workout that will not get you bulky, but will get you in great shape, and really strengthen your whole body.

Andre Huston

Head Coach/Director of Player Personnel

CT TopBallerz Basketball

Email: [aj\\_huston@topballerz.net](mailto:aj_huston@topballerz.net)

Phone: 203-584-0977