**Generic Basketball**

**Day 1**

* [Bench Press](javascript:pop('barbell-bench-press-medium-grip')): 4 sets of 10 reps (intensity: 60%)
* [Dumbbell Incline Press:](javascript:pop('incline-dumbbell-press')) 4 sets of 10 reps
* [Pull-ups](javascript:pop('pullups')): 4 sets of 10 reps
* [Seated Cable Row](javascript:pop('seated-cable-rows')): 4 sets of 10 reps
* [Dumbbell Shoulder Press](javascript:pop('dumbbell-shoulder-press')): 3 sets of 10 reps
* [Upright Rows](javascript:pop('upright-barbell-row')): 3 sets of 10 reps
* [Side Lateral Raise](javascript:pop('side-lateral-raise')): 3 sets of 10 reps
* [E-Z Bar Triceps Press](javascript:pop('lying-triceps-press')): 3 sets of 10 reps
* [Dumbbell Biceps Curl](javascript:pop('dumbbell-bicep-curl')): 4 sets of 10 reps
* [Abs](http://www.bodybuilding.com/exercises/finder/lookup/filter/muscle/id/13/muscle/abdominals): 3 sets of 40 reps

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**Day 2**

* [Back Squat](javascript:pop('barbell-squat')): 4 sets of 10 reps (intensity: 60%)
* [Leg Curl](javascript:pop('seated-leg-curl')): 4 sets of 10 reps
* Hanged [Power Clean from the Knees](javascript:pop('power-clean-from-blocks')): 3 sets of 8 reps (intensity: 60%)
* [Step-up](javascript:pop('barbell-step-ups')): 3 sets of 10 reps
* [Lunges](javascript:pop('barbell-lunge')): 2 sets of 15 reps
* [Weighted Calf Raises](javascript:pop('standing-calf-raises')): 2 sets of 20 reps
* [Back Extension](javascript:pop('hyperextensions-back-extensions')): 3 sets of 10 reps
* [Abs](http://www.bodybuilding.com/exercises/finder/lookup/filter/muscle/id/13/muscle/abdominals): 3 sets of 40 reps

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**Day 3: Rest**

**Day 4**

* [Incline Bench Press](javascript:pop('barbell-incline-bench-press-medium-grip')): 4 sets of 10 reps (intensity: 65%)
* [Dumbbell Bench Press](javascript:pop('dumbbell-bench-press')): 4 sets of 10 reps
* [Lat Pulldown](javascript:pop('wide-grip-lat-pulldown')): 4 sets of 10 reps
* [Dumbbell Row](javascript:pop('bent-over-two-dumbbell-row')): 4 sets of 10 reps
* [Military Press](javascript:pop('machine-shoulder-military-press')): 3 sets of 10 reps (intensity: 27%)
* [Shoulder Shrugs](javascript:pop('barbell-shrug')): 3 sets of 10 reps
* [Bench Dips](javascript:pop('bench-dips')): 3 sets of 10 reps
* [E-Z Bar Biceps Curl](javascript:pop('close-grip-ez-bar-curl')): 3 sets of 10 reps
* [Dumbbell Concentration Curl](javascript:pop('concentration-curls')): 2 sets of 10 reps
* [Abs](http://www.bodybuilding.com/exercises/finder/lookup/filter/muscle/id/13/muscle/abdominals): 3 sets of 40 reps

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**Day 5**

* [Leg Press](javascript:pop('leg-press')): 4 sets of 10 reps (intensity: 70%)
* [Leg Curl](javascript:pop('seated-leg-curl')): 4 sets of 10 reps
* [Power Clean from the Knees](javascript:pop('power-clean-from-blocks')): 1 set of 8 reps (intensity: 65%)
* [Power Clean from the Knees](javascript:pop('power-clean-from-blocks')): 1 set of 6 reps (intensity: 70%)
* [Power Clean from the Knees](javascript:pop('power-clean-from-blocks')): 1 set of 6 reps (intensity: 80%)
* [Power Clean from the Knees](javascript:pop('power-clean-from-blocks')): 1 set of 6 reps (intensity: 80%)
* [Dumbbell Walking Lunges](javascript:pop('dumbbell-lunges')): 4 sets of 10 reps
* [Weighted Calf Raises](javascript:pop('standing-calf-raises')): 3 sets of 15 reps
* [Back Extension](javascript:pop('hyperextensions-back-extensions')): 3 sets of 10 reps
* [Abs](http://www.bodybuilding.com/exercises/finder/lookup/filter/muscle/id/13/muscle/abdominals): 3 sets of 40 reps

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**Day 6: Rest**

**Day 7: Rest**