**Generic Basketball**

**Day 1**

* Bench Press: 4 sets of 10 reps (intensity: 60%)
* Dumbbell Incline Press: 4 sets of 10 reps
* Pull-ups: 4 sets of 10 reps
* Seated Cable Row: 4 sets of 10 reps
* Dumbbell Shoulder Press: 3 sets of 10 reps
* Upright Rows: 3 sets of 10 reps
* Side Lateral Raise: 3 sets of 10 reps
* E-Z Bar Triceps Press: 3 sets of 10 reps
* Dumbbell Biceps 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: 4 sets of 10 reps (intensity: 60%)
* Leg Curl: 4 sets of 10 reps
* Hanged Power Clean from the Knees: 3 sets of 8 reps (intensity: 60%)
* Step-up: 3 sets of 10 reps
* Lunges: 2 sets of 15 reps
* Weighted Calf Raises: 2 sets of 20 reps
* Back Extension: 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: 4 sets of 10 reps (intensity: 65%)
* Dumbbell Bench Press: 4 sets of 10 reps
* Lat Pulldown: 4 sets of 10 reps
* Dumbbell Row: 4 sets of 10 reps
* Military Press: 3 sets of 10 reps (intensity: 27%)
* Shoulder Shrugs: 3 sets of 10 reps
* Bench Dips: 3 sets of 10 reps
* E-Z Bar Biceps Curl: 3 sets of 10 reps
* Dumbbell Concentration Curl: 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: 4 sets of 10 reps (intensity: 70%)
* Leg Curl: 4 sets of 10 reps
* Power Clean from the Knees: 1 set of 8 reps (intensity: 65%)
* Power Clean from the Knees: 1 set of 6 reps (intensity: 70%)
* Power Clean from the Knees: 1 set of 6 reps (intensity: 80%)
* Power Clean from the Knees: 1 set of 6 reps (intensity: 80%)
* Dumbbell Walking Lunges: 4 sets of 10 reps
* Weighted Calf Raises: 3 sets of 15 reps
* Back Extension: 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**