AUSTIN PACKER BASKETBALL

SUNDAY - APR. 6, 2025

Workout		Set 1		Set 2		Set 3		Set 4	Set 5			
Workdut	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result Reps			
In-Place Warm Up	Neck Shou Arm Hip G Trun Good Seat Lying Lying Lying	eps Each Exer	Raises runk Ro Iron Ci	otations ross	ing ses:	sions.						
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds • High Knee Hug • Bent Leg Knee Hug • Walking Hip Rotator Stretch • Walking Quad Stretch • Walking Toe Touch • Walking Straight Leg Kicks											
A Bodyweight Squats		8-12		8-12		8-12		8-12				
A Bodyweight Hinge		8-12		8-12		8-12		8-12				
B Body Weight Bent Over Row		15		15		15						
B Tempo Push Ups		5-8		5-8		5-8		5-8				
Tempo: 3131												
C Walking Lunges		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)		5-8 (ea.)				
C Prone Isometric Y Raise		10 secs		10 secs		10 secs		10 secs				
C Side Planks		10 secs (ea.)		10 secs (ea.)		10 secs (ea.)		10 secs (ea.)				
		TUESD	AY - A	APR. 8, 2025								
			Set 1	۵۶	t 2	Set 3		Set 4	Set 5			

Workout	Se	Set 1		Set 2		Set 3		Set 4		t 5
Workout	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
In-Place Warm Up	Warm- X10 Re • Neck • Shou • Arm 0 • Trunl • Good • Seate • Lying • Lying	up eps Each Rolls Ider Circ Circles K Circles Mornir ed Hip U g Straigh g Bent Kr	Exercise cles	ses k Rotati		iteps	, messan,	КСР	Incode	ITOPS
	Warm-	-up shoเ	uld be do	ne prio	to all lif	ting sess	sions.			

		TUI	ESDA	Y - APR.	8, 2025	5						
Workout			S	et 1	S	et 2	Se	t 3	Se	et 4	Set 5	
			Result	Reps 0 Yds, Jog	Result	Reps	Result	Reps	Result	Reps	Result Reps	
Dynamic Warm Up			 High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 									
A Broad Jump				5		5		5		5		
A Bodyweight Split Squats				6-8 (ea.)		6-8 (ea.)	6	5-8 (ea.)		6-8 (ea.)		
B Body Weight Cuban Press				8-12		8-12		8-12		8-12		
B Bench Dips			Can us	6-10 se couch or	chair if	6-10 bench is n	ot availabl	6-10 e		6-10		
C Prone Isometric T- Raise				10 secs		10 secs	1	0 secs		10 secs		
C Bodyweight Double Leg Hip U	p Iso	Hold		15 secs		15 secs	1	5 secs		15 secs		
C Plank				15 secs		15 secs	1	5 secs		15 secs		
		THU	RSDA	Y - APR.	10, 20	25						
Workout		Set 1	T	Set 2		S	et 3		Set -	4	Set 5	
Workout	Result	Reps	Res	ult Re	ps	Result	Reps	Resu	ılt I	Reps	Result Reps	
In-Place Warm Up	Warm-up X10 Reps Each Exercise Neck Rolls Shoulder Circles Arm Circles Hip Circles Trunk Circles Good Morning Seated Hip Up Lying Straight Leg Raises Lying Bent Knee Trunk Rotations Lying Straight Leg Iron Cross Warm-up should be done prior to all lifting sessions.											
Dynamic Warm Up	• High • Bent • Walki • Walki • Walki	Yds, Jog ne Knee Hug Leg Knee H ing Hip Rota ing Quad St ing Toe Tou ing Straight	ug ator St retch ch	retch								
A Bodyweight 3 Way Lunge		3 (ea.)	\perp	3 (ea.)		3 (ea.)		3	(ea.)		
A Standing Hip Axials		5 (ea.)	4		ea.)		5 (ea.)			(ea.)		
B Single T Raise		6-10 (ea.)		6-10			6-10 (ea.	.)		10 (ea.)		
B Push Up		6-12			12		6-12			5-12		
C Lying Y Shoulder Slide	8-10 8-10 8-10											
C Calf Raises	15 15 15 15											
C Lying Leg Raises		10-12 sec		_	secs	· · · ·	0-12 se	cs	10-1	12 secs		
		SUI	NDAY	- APR. 1	3, 202!	5						
Workout		Set 1	\perp	Set			Set 3	\perp	Set		Set 5	
	Resul	t Reps	Re	sult F	teps	Result	Reps	Res	ult	Reps	Result Reps	

SUNDAY - APR. 13, 2025

Set 2

Set 3

Set 4

Set 5

Set 1

Workout

Workdat	Result	Reps	R	tesult	Reps	Result	Reps	Res	ult	Reps	Result	Reps	
In-Place Warm Up	Necl Shou Arm Hip Trur Goo Seat Lyin Lyin Lyin	eps Each E k Rolls ulder Circles Circles nk Circles d Morning ed Hip Up g Straight g Bent Kne g Straight	es Leg R ee Tru Leg Ir	daises unk Rot ron Cro		ing ses	sions.						
Dynamic Warm Up	 Drill 10 Yds, Jog next 10 yds High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 												
A Bodyweight Squats		8-12			8-12		8-12	2		8-12			
A Bodyweight Hinge		8-12			8-12		8-12	2		8-12			
B Body Weight Bent Over Row		15			15		15						
B Tempo Push Ups		5-8			5-8		5-8		\bot	5-8			
Tempo: 3131		- 0											
C Walking Lunges		5-8 (ea.	$\overline{}$		5-8 (ea.)		5-8 (ea.)			5-8 (ea.)			
C Prone Isometric Y Raise		12 sec		_	12 secs		12 secs		12 secs				
C Side Planks		12 secs (ea.)	1	12 secs (ea.)		12 secs	12 secs (ea.)		2 secs (ea.)			
		TUE	SDA	Y - AP	R. 15, 2025	5							
Workout				Set 1		t 2		et 3		Set 4	Set		
In-Place Warm Up			X10 F Nec Sho Arm Hip Tru Goo Sea Lyir	m-up Reps Eack Rolls oulder (ach Exercise S Circles es S S cles	ses k Rotat		Reps	Result	t Reps	Result	керѕ	

Warm-up should be done prior to all lifting sessions.

		TUE	SDAY	′ - APR. 1	5, 202	25							
Workout			S	Set 1	S	et 2	S	et 3	Se	et 4	Set 5		
Tronkout.			Result	•	Result	Reps	Result	Reps	Result	Reps	Result Reps		
Dynamic Warm Up			 Drill 10 Yds, Jog next 10 yds High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 										
A Broad Jump				5		5		5		5			
A Bodyweight Split Squats				6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)			
B Body Weight Cuban Press				8-12		8-12		8-12		8-12			
B Bench Dips			Can us	6-10 se couch or	chair if	6-10 bench is n	ot availal	6-10 ole		6-10			
C Prone Isometric T- Raise				12 secs		12 secs		12 secs		12 secs			
C Bodyweight Double Leg Hip U	p Iso	Hold		20 secs		20 secs		20 secs		20 secs			
C Plank				20 secs		20 secs		20 secs		20 secs			
		THU	RSDA	Y - APR.	17, 20	25							
Workout		Set 1	Т	Set 2		S	et 3		Set	4	Set 5		
Workout	Result	Reps	Res	ult Re	ps	Result	Reps	Resu	ult	Reps	Result Reps		
In-Place Warm Up	Warm-up X10 Reps Each Exercise Neck Rolls Shoulder Circles Arm Circles Hip Circles Trunk Circles Trunk Circles Good Morning Seated Hip Up Lying Straight Leg Raises Lying Bent Knee Trunk Rotations Lying Straight Leg Iron Cross Warm-up should be done prior to all lifting sessions.												
Dynamic Warm Up	HighBentWalkWalk	Yds, Jog ne Knee Hug Leg Knee H ing Hip Rota ing Quad St ing Toe Tou ing Straight	ug ator Si retch	tretch									
A Bodyweight 3 Way Lunge		3 (ea.)		3 (ea.)		3 (ea.)		3	(ea.)			
A Standing Hip Axials		5 (ea.)			ea.)		5 (ea.)	_		(ea.)			
B Single T Raise		6-10 (ea.)		_	(ea.)		6-10 (e	a.)	_	10 (ea.)			
B Push Up		6-12	+		12		6-12		_	5-12			
C Lying Y Shoulder Slide	8-10 8-10 8-10												
C Calf Raises	15 15 15 15												
C Lying Leg Raises		10-12 sec	s	10-12	secs	1	10-12 se	ecs	10-1	12 secs			
		SUI	VDAY	- APR. 2	0, 202	5							
Workout	Workout Set 1					9	Set 3		Set 4	4	Set 5		
	Result	Reps	Re	sult R	eps	Result	Reps	Resu	ılt F	Reps	Result Reps		

SUNDAY - APR. 20, 2025

Workout		Set 1			Set 2			Set 3		Set 4			Set 5		
Workout	Result	Reps		Result		Reps	Re	esult	Re	eps	Result	Rep	s	Result	Reps
In-Place Warm Up	• Necl • Short • Arm • Hip • Trur • Goo • Seat • Lyin • Lyin	 X10 Reps Each Exercise Neck Rolls Shoulder Circles Arm Circles Hip Circles Trunk Circles Good Morning Seated Hip Up Lying Straight Leg Raises Lying Bent Knee Trunk Rotations Lying Straight Leg Iron Cross Warm-up should be done prior to all lifting sessions. Drill 10 Yds, Jog next 10 yds													
Dynamic Warm Up	HighBentWalkWalkWalk	High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks													
A Bodyweight Squats		8-12	2			8-12			8-	12		8-1	2		8-12
A Bodyweight Hinge		8-12	2			8-12			8-	12		8-1	2		8-12
B Body Weight Bent Over Row		15				15			1	5					
B Tempo Push Ups		5-8	}		5-8				5	-8		5-8	3		
Tempo: 3131															
C Walking Lunges		6-8 (e	a.)		6-8 (ea.)				6-8 (ea.)			6-8 (ea.)			
C Prone Isometric Y Raise		15 se	cs	S		15 secs			15 secs			15 secs			
C Side Planks		15 secs	(ea.)		15 secs (ea.)		.)		15 secs (ea.)			15 secs	5 (ea.)		
		TU	IESD/	4Y - <i>P</i>	PR.	. 22, 202	25								
Workout			9	Set 1		Set	t 2		S	et 3	T	Set 4		Set	5
Workout			Result	Re	ps	Result	Rep	os	Result	Reps	Resu	lt Reps	Re	sult	Reps
In-Place Warm Up			NecShoArmHipTruiGooSeaLyirLyir	Reps E k Roll: oulder oulder Circle nk Circle od Mo ted Hi ng Stra	s Circ s s cles rnin p Up aight	g	ses < Ro		ons						

Warm-up should be done prior to all lifting sessions.

		TU	JESDA	AY - AP	R. 22, 2	025							
Workout			S	Set 1	S	et 2	S	et 3	S	et 4	S	et 5	
			Result	•	Result		Result	Reps	Result	Reps	Result	Reps	
Dynamic Warm Up			 Drill 10 Yds, Jog next 10 yds High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 										
A Broad Jump				5		5		5		5			
A Bodyweight Split Squats				6-8 (ea	.)	6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)	
B Body Weight Cuban Press				8-12		8-12		8-12		8-12			
B Bench Dips				6-10		6-10		6-10		6-10			
C Prone Isometric T- Raise			Can us	ī	1	f bench is r	ī			15 5055			
C Bodyweight Double Leg Hip U	n Iso	Hold		15 sec 20 sec		15 secs 20 secs		15 secs 20 secs		15 secs 20 secs			
C Plank	טנו ק	iioiu		25 sec		25 secs		25 secs		25 secs			
· i wiiix		TU	IIDCD					20 3663	<u>' </u>	22 3663			
	THURSDAY - APR. 24, 2025 Set 1												
Workout	Result	Reps	R	esult	₹ ∠ Reps	Result			Result	Set 4 Reps	Re	Set 5	
In-Place Warm Up	 X10 Reps Each Exercise Neck Rolls Shoulder Circles Arm Circles Hip Circles Trunk Circles Good Morning Seated Hip Up Lying Straight Leg Raises Lying Bent Knee Trunk Rotations Lying Straight Leg Iron Cross Warm-up should be done prior to all lifting sessions.												
Dynamic Warm Up	HighBentWalkiWalki	Knee Hug Leg Knee ing Hip Ro ing Quad ing Toe To ing Straig	Hug otator Stretc ouch ht Leg	Stretch									
A Bodyweight 3 Way Lunge	\longrightarrow	3 (ea.)	_		3 (ea.)			(ea.)		3 (ea.)	_		
A Standing Hip Axials		5 (ea.)			5 (ea.)			(ea.)		5 (ea.)			
B Single T Raise		6-10 (e		(5-10 (ea.;		1	0 (ea.)		6-10 (ea	a.)		
B Push Up		6-12			6-12 8-10			-12		6-12 8-10			
C Lying Y Shoulder Slide C Calf Raises	\longrightarrow	8-10 15	+	$\overline{}$	15		8-10			15			
C Lying Leg Raises	15 15 15 15 10-12 secs 10-12 secs 10-12 secs 10-12 secs												
Lynig Leg Naises				Y - API			10-1.	ر عدره		10-12 56	.03		
	Т		HUNIC			J2J	C - + *	,		Cot 4		Cot C	
Workout	Result	Set 1	,	S Result	et 2 Reps	Result	Set 3		Result	Set 4 Reps	Res	Set 5	

SUNDAY - APR. 27, 2025

Set 2

Set 3

Set 4

Set 5

Set 1

Workout

 Drill 10 Yds, Jog next 10 yds High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 8-12 8-12 8-12 8-12 												
8-12		8-12										
8-12		8-12										
5-8		5-8										
6-8 (ea.)											
15 secs (ea.)											
Set 4	Se	et 5										
Result Reps	Result	Reps										
ions.												
	8-12 5-8 6-8 (ea. 15 secs (

		TU	JESDA	AY - AP	R. 29, 2	025							
Workout			S	Set 1	S	et 2	S	et 3	9	Set 4	S	et 5	
			Result	<u> </u>	Result	•	Result	Reps	Result	Reps	Result	Reps	
Dynamic Warm Up			 Drill 10 Yds, Jog next 10 yds High Knee Hug Bent Leg Knee Hug Walking Hip Rotator Stretch Walking Quad Stretch Walking Toe Touch Walking Straight Leg Kicks 										
A Broad Jump				5		5		5		5			
A Bodyweight Split Squats				6-8 (ea	.)	6-8 (ea.)		6-8 (ea.)	,	6-8 (ea.)		6-8 (ea.)	
B Body Weight Cuban Press				8-12		8-12		8-12		8-12			
B Bench Dips			C	6-10		6-10		6-10		6-10			
C Prone Isometric T- Raise			Can us	15 sec	1	f bench is r	î	15 secs		15 secs			
C Bodyweight Double Leg Hip U	n Iso	Hold		20 sec		20 secs		20 secs	+	20 secs			
C Plank	טנו ק	. 1014		25 sec		25 secs		25 secs		25 secs			
- Mills		TU	 B¢r	<u> </u>	. <u> </u>			20 3003		123 3003			
		Set 1			et 2		Set 3	. 1		Set 4		Set 5	
Workout	Result	Reps	R	esult	Reps	Result	1		Result	Reps	Re	sult Reps	
In-Place Warm Up	Warm-up X10 Reps Each Exercise Neck Rolls Shoulder Circles Arm Circles Hip Circles Trunk Circles Good Morning Seated Hip Up Lying Straight Leg Raises Lying Bent Knee Trunk Rotations Lying Straight Leg Iron Cross Warm-up should be done prior to all lifting sessions.												
Dynamic Warm Up	HighBentWalkWalk	Knee Hug Leg Knee ing Hip Ro ing Quad ing Toe To ing Straig	Hug otator Stretc ouch	Stretch h									
A Bodyweight 3 Way Lunge		3 (ea.)			3 (ea.)		3	(ea.)		3 (ea.)	_		
A Standing Hip Axials		5 (ea.)			5 (ea.)			(ea.)		5 (ea.)			
B Single T Raise		6-10 (e			5-10 (ea.)		0 (ea.)		6-10 (ea	a.)		
B Push Up		6-12			6-12			-12		6-12			
C Lying Y Shoulder Slide		8-10			8-10		 	-10	-	8-10			
C Calf Raises	15 15 15 15 10-12 secs 10-12 secs 10-12 secs 10-12 secs												
C Lying Leg Raises			_		0-12 sec	_	10-1	∠ secs		10-12 se	CS		
			UNDA		Y. 4, 20	125				.		a : =	
Workout	Result	Set 1		S Result	et 2 Reps	Result	Set 3		Result	Set 4 Reps	P.o.	Set 5	

SUNDAY - MAY. 4, 2025

Workout	Set 1			Set 2		Set 3		Set 4	Set 5			
TOTROUT	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps		
In-Place Warm Up	Neck Shou Arm Hip (Trun Good Seat Lying Lying Lying	eps Each Exer (Rolls ulder Circles Circles k Circles d Morning ed Hip Up g Straight Leg g Bent Knee T g Straight Leg	Raises runk R Iron C	otations	ing ses	sions.						
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds • High Knee Hug • Bent Leg Knee Hug • Walking Hip Rotator Stretch • Walking Quad Stretch • Walking Toe Touch • Walking Straight Leg Kicks											
A Bodyweight Squats		8-12		8-12		8-12		8-12		8-12		
A Bodyweight Hinge		8-12		8-12		8-12		8-12		8-12		
B Body Weight Bent Over Row		15		15		15						
B Tempo Push Ups		5-8		5-8		5-8		5-8		5-8		
Tempo: 3131					,							
C Walking Lunges		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)		6-8 (ea.)				
C Prone Isometric Y Raise		15 secs		15 secs		15 secs		15 secs				
C Side Planks		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)				

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