

Riverside High School Softball 2023-2024

# Group 2

4 week weight room plan



## DAY A

Primer exercises: move crisply though major joints we will target in strength movements. Perform this as a superset. Supersets: Do a set of hamstring curls, then immediately do your band pull aparts. Rest ~60 seconds and do your second set.

PRIMER EXERCISES	Week 1	Week 2	Week 3	Week 4
<a href="#">Walking Lunges</a>	BW x 2 x 10 /leg	BW x 2 x 15/leg	BW x 2 x 15/leg	BW x 2 x 20/leg
<a href="#">Y Raises</a>	5lb dbs x 2 x 15	5lb dbs x 2 x 20	7lb dbs x 2 x 15	7lb db x 2 x 20

**Strength:** During week 1, we will try to find a comfortably hard set of five that gives you a rate of perceived exertion of seven (RPE7). RPE Chart is attached

Exercise Name	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">DB Bulgarian Split Squat</a>	RPE7 x 3 x 8/leg	Same as week 1 x 10/leg	Add 10lbs x 8/leg	Same as week 3 x 10/leg
A2) <a href="#">Skater Jumps</a>	X10 per side	X12/side	X15/side	X15/side
B1) <a href="#">DB Bench Press</a>	Rpe7 x 3 x 8	Same as week 1 weight x 3 x 10	Go up by 5lbs 3 x 8	Same weight as week3 3 x 10
B2) <a href="#">Medball Chest Pass into Floor</a>	x 6 after each set of Bench with 14lbs	x 8 with 14lbs	X6 with 20lbs	X8 with 20lbs
C1) <a href="#">Suitcase carry</a>	3X20 yards @ heavy kb or DB	3X20 yards x heavier than last week	3X20 yards x heavier than last week	3X20 yard x heavier than last week
C2) <a href="#">Lateral Raises</a>	10-15lbs x 3 x 12	10-15lbs x 3 x 15	12-17lbs x 3 x 12	12-17lbs x 3 x 15

### Core Work:

Exercise	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">Toe touch crunches</a>	15lb db x 3 x 15	15lb db x 3 x20	20lb db x 3 x 15	20lb db x 3 x 20
A2) <a href="#">Bicycle Crunches</a>	BW x 3 x 15/side	BW x 3 x 15/side	BW x 3 x 15/side	BW x 3 x 15/side
A3) <a href="#">hollow hold</a>	:30	:30	:30	:30

## DAY B

PRIMER EXERCISES	Week 1	Week 2	Week 3	Week 4
<a href="#">Glute Bridge hold</a>	BWx 2x :30	BW x 2 x :30	BW x 2 x :45	BW x 2 x :45
<a href="#">Banded rows</a>	Light x 2 x 15	Light x 2 x 20	Light x 2 x 25	Light x 2 x 30

### Strength:

Exercise Name	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">Box Squat</a>	RPE7 x 3 x 5	Add 10lbs x 3 x 5	Add 10lbs x 3 x 3	Use the same weight as week 1 and do 2 sets of 5 reps, then do one more set of max CLEAN reps. No
A2) Box Jumps	20-24inches x 5 after each work set of squats	20-24 inches x 5	20-24 inches x 5	No box jumps this week
B1) <a href="#">Landmine Single arm Push Press</a>	+10lbs x 3 x 8/arm	+10lbs x 3 x 10/arm	+15lbs x 3 x 8/arm	+15lbs x 3 x 10/arm
B2) <a href="#">Wide grip lat pull down</a>	Rpe7 x 3 x 10	Same as week 1 x 3 x 12	Add 5-10lbs x 3 x 10	Same as week 3 x 3 x 12
C1) <a href="#">Rear delt flys</a>	10-15bs x 12	10-15lbs x 15	12-18lbs x 20	12-18lbs x 20
C2) <a href="#">Side Plank</a>	:20 L/R	:20 L/R	:20 L/R	:20 L/R

### Core Work:

Exercise	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">Russian Twists</a>	15lb db x 3 x 15	15lb db x 3 x 20	20lb db x 3 x 15	20lb db x 3 x 20
A2) <a href="#">V ups</a>	BW x 3 x 15	BW x 3 x 15	BW x 3 x 15	BW x 3 x 15
A3) Plank	:45	:45	:60	:60
:60 breather between rounds	:60 rest	:60 rest	:60 rest	:60 rest

# RPE SCALE

<b>NO</b>	Was the set very easy, like a warm-up set?	<b>YES</b>	RPE 6
<b>NO</b>	Was the set slightly more difficult than a warm-up set?	<b>YES</b>	RPE 6.5
<b>NO</b>	Was the set taxing, but fast and fairly easy?	<b>YES</b>	RPE 7
<b>NO</b>	Could you <b>MAYBE</b> have done 3 more reps?	<b>YES</b>	RPE 7.5
<b>NO</b>	Could you <b>DEFINITELY</b> have done 2 more reps?	<b>YES</b>	RPE 8
<b>NO</b>	Could you <b>MAYBE</b> have done 2 more reps?	<b>YES</b>	RPE 8.5
<b>NO</b>	Could you <b>DEFINITELY</b> have done 1 more rep?	<b>YES</b>	RPE 9
<b>NO</b>	Could you <b>MAYBE</b> have done one more rep?	<b>YES</b>	RPE 9.5
<b>NO</b>	Maximal effort--no more reps possible!	<b>YES</b>	RPE 10



Exercise Name	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">DB Bulgarian Split Squat</a>				
A2) <a href="#">Skater Jumps</a>				
B1) <a href="#">DB Bench Press</a>				
B2) <a href="#">Medball Chest Pass into Floor</a>				
C1) <a href="#">Suitcase carry</a>				
C2) <a href="#">Lateral Raises</a>				

### DAY B Log

Exercise Name	Week 1	Week 2	Week 3	Week 4
A1) <a href="#">Box Squat</a>				
A2) Box Jumps				
B1) <a href="#">Landmine Single arm Push Press</a>				
B2) <a href="#">Wide grip lat pull down</a>				
C1) <a href="#">Rear delt flys</a>				
C2) <a href="#">Side Plank</a>				