

USA Water Polo  
National Cadet Camp (Born '89 & '90)  
March 18 – 21, 2004 Newport Beach, California

By National Strength & Conditioning Coach: **JOE BAILEY**  
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Session Notes:

- Training Ages: 15 & Under. Additional Weight after 18 yrs. old
- 3 Days per Week. Min 45 Minutes. Weekly
- Phase I & Phase II Sample 8 Week Workout Programs attached.
- Important to have Consistent Training (no skips) with Proper Technique
  
- Dryland      Stretching Before & After Workout.  
Pushups, Skiers, Pullups, Dips, Crunches, Twists, Situps, Supermans  
1 set per minute. Repeat every minute over ½ hour.
  
- Legs           Squats (Chest Out, Back Tight, Feet outside Shoulder, Knees behind Toes,  
Head Up, Start 3x15 sets, gradually increase weight, weight over  
heels, butt back, hamstring parallel to ground)  
Lunges (Feet behind toes, back tight, one step out & all the ways back,  
(add side steps with dumbbells)  
Skiers 30 on, 30 Rest over 1 hour of TV
  
- MidSection Lower Back – back extensions  
Stomach / ABS – Crunches (add weight, medicine balls)  
Back – Seated Rows, Lat pull downs
  
- Upper Body Dumbbells better than bars  
See Hands on lift! Avoid Military Press (strains shoulder)  
Swim Sets Trains Shoulders  
Rubber Tubing (Pull Across Body, Up & Down)  
Front / Triceps – Water Pushing for Polo (not Back/Biceps– Pull Motion)  
Bench Press (wrist above elbow, bar to chest & up, narrow grip = triceps)  
Incline / Decline with Dumbbells  
Lat Pulldowns to front (see hands), Chest out, Pinch Back.

Concentrate on muscle group being worked  
Cross Training is good. Running Soccer, etc...

Submitted: [Mark\\_Menis@wideopenwest.com](mailto:Mark_Menis@wideopenwest.com)

# 1st phase

## U.S WATER POLO HYPERTROPHY PHASE

WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		push ups	10sets on min						
		bench	3X12						
1 & 2		incline db	3X12						
		tri push down	3X12						
		upright rows	3X12						
		seated rows	3X12						
		wrist curls	3X20						
		back extensions	3X12						
		front squats	3X12						
		push press	3X12						
		abdominal circuit	1 min for each exercise						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		pull ups	3X MAX						
		lat pulls	3X12						
1 & 2		bent over rows	3X12						
		seated rows	3X12						
		lunges	3X12						
		leg curls	3X12						
		toe downs	3X20						
		lying overhead tri	3X12						
		tri pushdown	3X12						
		kick backs	3X12						
		abdominal circuit	1 min for each exercise						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		squat	3X12						
		step ups	3X12						
1 & 2		hip flexors	3X12						
		push press	3X12						
		incline bench	3X12						
		tri pushdown	3X12						
		chest flys	3X12						
		bent over rows	3X12						
		bicep circuit	3X12						
		wrist curls	3X20						
		abdominal circuit	1 min for each exercise						

Joe Bailey

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WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		push ups	10sets on min						
		bench	3X10						
3 & 4		incline db	3X10						
		tri push down	3X10						
		upright rows	3X10						
		seated rows	3X10						
		wrist curls	3X10						
		back extentions	3X10						
		front squats	3X10						
		jerks	3X10						
		abdominal circuit	1:15 min for each exercise						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		pull ups	3*max						
		lat pulls	3X10						
3 & 4		bent over rows	3X10						
		seated rows	3X10						
		lunges	3X10						
		leg curls	3X10						
		toe downs	3X20						
		lying overhead tri	3X10						
		tri pushdown	3X10						
		kick backs	3X10						
		abdominal circuit	1:15 min for each exercise						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		squat	3X10						
		step ups	3X10						
3 & 4		hip flexors	3X10						
		push press	3X10						
		incline bench	3X10						
		tri pushdown	3X10						
		chest flys	3X10						
		bent over rows	3X10						
		bicept circuit	3X10						
		wrist curls	3X20						
		abdominal circuit	1:15 min for each exercise						

REMEMBER YOUR SHOULDER EXERSICES  
 internal and external bans  
 empty cans

WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		push ups	10sets on min						
		bench	3X8						
5 & 6		incline db	3X8						
		tri push down	3X8						
		upright rows	3X8						
		seated rows	3X8						
		wrist curls	3X20						
		back extentions	3X8						
		front squats	3X8						
		jerks	3X8						
		abdominal circuit	1:30 min for each exercise						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		pull ups	3X max						
		lat pulls	3X8						
5 & 6		bent over rows	3X8						
		seated rows	3X8						
		lunges	3X8						
		leg curls	3X8						
		toe downs	3X20						
		lying overhead tri	3X8						
		tri pushdown	3X8						
		kick backs	3X8						
		abdominal circuit	1:30 min for each exercise						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		squat	3X8						
		step ups	3X8						
5 & 6		hip flexors	3X8						
		push press	3X8						
		incline bench	3X8						
		tri pushdown	3X8						
		chest flys	3X8						
		bent over rows	3X8						
		bicept circuit	3X8						
		wrist curls	3X20						
		abdominal circuit	1:30 min for each exercise						

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WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED			
				WEEK 7		WEEK 8	
		push ups	10sets on min				
		bench	3X6				
7 & 8		incline db	3X6				
		tri push down	3X6				
		upright rows	3X6				
		seated rows	3X6				
		wrist curls	3X20				
		back extentions	3X6				
		front squats	3X6				
		jerks	3X6				
		abdominal circuit	1:45 min for each exercise				

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED			
				WEEK 7		WEEK 8	
		pull ups	3X max				
		lat pulls	3X6				
7 & 8		bent over rows	3X6				
		seated rows	3X6				
		lunges	3X6				
		leg curls	3X6				
		toe ups	3X20				
		lying overhead tri	3X6				
		tri pushdown	3X6				
		kick backs	3X6				
		abdominal circuit	1:45 min for each exercise				

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED			
				WEEK 7		WEEK 8	
		squat	3X6				
		step ups	3X6				
7 & 8		hip flexors	3X6				
		push press	3X6				
		incline bench	3X6				
		tri pushdown	3X6				
		pec deck	3X6				
		bent over rows	3X6				
		bicept circuit	3X6				
		wrist curls	3X20				
		abdominal circuit	1:45 min for each exercise				

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*2nd phase*

U.S WATER POLO SAMPLE STRENGHT CYCLE

WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		push ups	10sets on min						
		bench	4X8						
1 & 2		incline db	4X8						
		tri push down	4X8						
		upright rows	3X8						
		seated rows	3X8						
		wrist curls	3X20						
		back extentions	3X12						
		front squats	3X8						
		jerks	3X8						
		abdominal circuit	1:30 min for each exersice						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		pull ups	3*max						
		lat pulls	4X8						
1 & 2		bent over rows	4X8						
		seated rows	4X8						
		lunges	3X8						
		leg curls	3X8						
		toe downs	3X20						
		lying overhead tri	3X8						
		tri pushdown	3X8						
		kick backs	3X8						
		abdominal circuit	1:30 min for each exersice						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 1			WEEK 2		
		squat	4X8						
		step ups	3X8						
1 & 2		four way hip	3X8						
		push press	4X8						
		incline bench	3X8						
		tri pushdown	3X8						
		chest flys	3X8						
		bent over rows	3X8						
		bicept circuit	3X8						
		wrist curls	3X20						
		abdominal circuit	1:30 min for each exersice						

WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		push ups	10sets on min						
		bench	4X6						
3 & 4		incline db	4X6						
		tri push down	4X6						
		upright rows	4X6						
		seated rows	3X6						
		wrist curls	3X20						
		back extentions	3X6						
		front squats	3X6						
		push press	3X6						
		abdominal circuit	1:45 min for each exersice						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		pull ups	3*max						
		lat pulls	4X6						
3 & 4		bent over rows	4X6						
		seated rows	4X6						
		lunges	4X6						
		leg curls	3X6						
		toe downs	3X20						
		lying overhead tri	3X6						
		tri pushdown	3X6						
		kick backs	3X6						
		abdominal circuit	1:45 min for each exersice						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 3			WEEK 4		
		squat	4X6						
		step ups	4X6						
3 & 4		four way hip	4X6						
		push press	4X6						
		incline bench	4X6						
		tri pushdown	3X6						
		chest flys	3X6						
		bent over rows	3X6						
		bicept circuit	3X6						
		wrist curls	3X20						
		abdominal circuit	1:45 min for each exersice						

WEEK	DAY 1	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		push ups	10sets on min						
		bench	4X4						
5 & 6		incline db	4X4						
		tri push down	4X4						
		upright rows	3X4						
		seated rows	3X6						
		wrist curls	3X20						
		back extentions	3X6						
		front squats	3X4						
		jerks	3X4						
		abdominal circuit	2 min for each exersice						

WEEK	DAY 2	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		pull ups	3*max						
		lat pulls	4X4						
5 & 6		bent over rows	4X4						
		seated rows	4X4						
		lunges	3X4						
		leg curls	3X4						
		toe downs	3X20						
		lying overhead tri	3X6						
		tri pushdown	3X6						
		kick backs	3X6						
		abdominal circuit	2 min for each exersice						

WEEK	DAY 3	EXERCISE	SETS/REPS	WEIGHT USED					
				WEEK 5			WEEK 6		
		squat	4X4						
		step ups	3X6						
5 & 6		four way hip	3X6						
		push press	4X4						
		incline bench	3X4						
		tri pushdown	3X6						
		chest flys	3X6						
		bent over rows	3X4						
		bicept circuit	3X6						
		wrist curls	3X20						
		abdominal circuit	2 min for each exersice						

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- internal and external bans
- empty cans