

## **8-WEEK HANDBALL GYM PROGRAM**

### **(STRENGTH • POWER • CORE)**

Frequency: 3 Days / Week (e.g. Mon – Wed – Fri)

Goal: Increased Strength & Explosive Power

Equipment: Full gym

Target Athletes: Handball players

### **PROGRAM STRUCTURE**

- Weeks 1–3: Accumulation (Volume & Technique)
- Week 4: De-load
- Weeks 5–7: Intensification (Max Strength & Power)
- Week 8: Taper & Peak

### **LOADING GUIDELINES**

- Accumulation: 65–75% 1RM | RPE 6–7
- Intensification: 80–90% 1RM | RPE 8–9
- De-load: 50–60% 1RM | Reduced volume
- Rest (Strength): 2–3 min | (Power): 2–3 min | (Core): 45–60 sec

### **Weeks 1–3 (Accumulation Phase)**

#### **DAY 1 – LOWER STRENGTH + CORE**

- Back Squat – 4×6
- Romanian Deadlift – 3×8
- Walking Lunges – 3×10/leg
- Calf Raises – 3×12
- Plank Holds – 3×40 sec
- Dead Bug – 3×10/side

#### **DAY 2 – UPPER STRENGTH**

- Bench Press – 4×6
- Pull-Ups – 4×6–8
- Dumbbell Shoulder Press – 3×8
- Barbell Row – 3×8

- Hanging Knee Raises – 3×12

#### **DAY 3 – POWER + CORE**

- Box Jumps – 5×3
- Hang Power Clean – 4×4
- DB Jump squats– 3×5
- Down Ups – 3×8
- Russian Twists – 3×20

#### **Week 4 (DE-LOAD)**

##### **ALL DAYS**

- Reduce volume by 40–50%
- Loads at 50–60% 1RM
- Focus on movement quality
- No grinding reps
- Core: 2 light sets only

#### **Weeks 5–7 (Intensification Phase)**

##### **DAY 1 – LOWER MAX STRENGTH**

- Front Squat – 5×4
- Deadlift – 4×4
- Bulgarian Split Squat – 3×6/leg
- Nordic Hamstring – 3×5
- Weighted Plank – 3×40 sec

##### **DAY 2 – UPPER MAX STRENGTH**

- Incline Bench Press – 5×4
- Weighted Pull-Ups – 4×5
- Push Press – 4×3
- Chest Supported DB Row – 3×6
- Hanging Leg Raises – 3×10

### **DAY 3 – POWER & SPEED**

- Depth Jumps – 5×3
- Power Clean from Floor – 5×3
- Barbell Jump Squats – 3×5 (30% 1RM)
- Plate Chest Pass – 4×6
- Pallof Press Hold (Plate) – 3×30 sec

### **Week 8 (PEAK & TAPER)**

#### **ALL DAYS**

- Volume reduced by 50%
- Intensity at 80–85%
- Power movements performed FAST
- No training to failure
- Aim to feel fresh and explosive

#### **KEY COACHING NOTES**

- Quality reps over heavy fatigue
- Maintain sprinting and on-court work separately
- Progress load weekly where technique allows
- Sleep, nutrition, and hydration are critical for gains

***#LifeIsMotion!***