

Home workouts

“The true test of a man’s character is what he does when no one is watching.”

— John Wooden

Monday 3-23-2020

Warm-ups

Jumping jacks 1 x 30

Quick feet 3 x 10

Rocking Frogs 3 x 6

PVC Shoulder Pass Thru's 3 x 10 (USE A BROOM)

T-Spine Rotations 3 X 10 5 each (USE A BROOM)

Workout Station #1 (go through each exercise once before going to 2nd set)

Burpees 3 x 15

Overhead Squats 3 x 15 (USE A BROOM)

Plate High Pulls 3 x 20 (USE BACKPACK FULL OF BOOKS OR ANY WEIGHT)

Single Leg Hip Thrusts 3 x 15 ea

Workout Stations #2 (go through each exercise once before going to 2nd set)

Lunges (forward) 3 x 10 5 each leg

Push-Ups 3 x Failure

Lunges (backward) 3 x 10 5 each leg

Shoulder Ladders 3 x back and forth total 20 feet each set

Core Station (Three Rounds) (go through each exercise once before going to 2nd set)

Crunches x 15

Reverse Crunches x15

Low Planks 30 seconds

Heel touches x 15 ea

6 inches 30 seconds

Cool Down (two rounds)

Stretch on your own

Monday 3-23-2020

Conditioning

Warm-ups

10 yards/10 yards

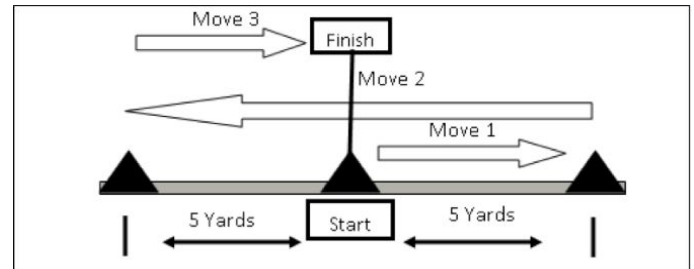
- Knee Pulls/Quad Walk
- Ankle Pulls/Hammy Kicks
- Lateral Lunge R/Lateral Lunge L
- Scoops for 20
- 1000 Steps/Race to 5

Active Warm-up

- Bounding - 20 yards and back
- Gather step
- Stick and hold
- Stick and hop
- Frozones

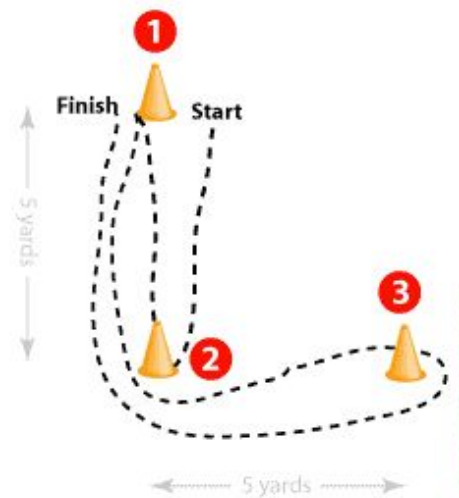
Change of Direction

Pro Shuttle x 10 (5Right, 5Left)



Short Break (2-3min)

L Drill x 10 (5Right, 5Left)



Tuesday 3-24-2020

Warm-ups

<u>Jumping jacks</u>	1 x 30
<u>Push-ups</u>	1 x 10
<u>Arm Circles</u>	20 forward 20 backwards
<u>Rocking Frogs</u>	3 x 6
<u>Body squats</u>	3 x 10

Workout Station #1 (go through each exercise once before going to 2nd set)

<u>Plyo- Push-Ups</u>	3 x 10
<u>Squat Jumps</u>	3 x 15
<u>Skyscrapers</u>	3 x 15
<u>Pull-Ups</u>	3 x 10 (If you have a way to do them)

Workout Stations #2 (go through each exercise once before going to 2nd set)

<u>Split Squats</u>	3 x 20 10 each leg
<u>Pike Push-Up</u>	3 x 10
<u>Partner Glute Ham</u>	3 x 10 (Use Couch to hold feet if you don't have someone to hold feet)
<u>Plate Sit-Ups</u>	x 15 (hold a weight or a book over your head)

Workout Stations #3 (Back Workout) watch Video in Link (You will need a towel)

<u>Towel Bent Over Rows</u>	<u>3 x 20</u>
<u>Lying Lat Pull</u>	<u>3 x 20</u>
<u>Reverse Snow Angel</u>	<u>3 x 10</u>
<u>Superman</u>	<u>3 x 10</u>
<u>Back in Window</u>	<u>3 x 10</u>

Cool Down (two rounds)

Stretch on your own

Tuesday 3-24-2020

Conditioning

Warm-ups

10 yards/10 yards

Knee Pulls/Quad Walk

Ankle Pulls/Hammy Kicks

Lateral Lunge R/Lateral Lunge L

Scoops for 20

1000 Steps/Race to 5

Active Warm-up

Build ups x 4 (2 @ 85%, 2 @ 95%)

Build up for 20

Sprint for 20

Coast for 20

Arm Swings

Seated swings 2x20s

Kneeling swings 2x20s (1Right, 1Left)

Standing swings 2x20s

Focus on keeping chest up tall, arms rotating at the shoulder joint not the elbow, hands open/relaxed

Sprint Ladder Workout

2x10 yd sprints

2x20 yd sprints

2x30 yd sprints

2x20 yd sprints

2x10 yd sprints

Thursday 3-26-2020

Warm-ups

Jumping jacks 1 x 30

Push-ups 1 x 10

Arm Circles 20 forward 20 backwards

CIRCUIT TRAINING

GO THROUGH THE CIRCUIT 3 TIMES---2 MIN REST BETWEEN CIRCUITS

1. BURPEES X 10
20 SEC REST
2. LOW PLANK 1 MIN
20 SEC REST
3. JUMPING LUNGES X20
20 SEC REST
4. MOUNTAIN CLIMBERS X 20 (10 EACH LEG)
20 SEC REST
5. WALL SIT 1 MIN
20 SEC REST
6. RUNNING IN PLACE 1 MIN (80% RUNNING SPEED)
20 SEC REST
7. PUSH-UPS X 15
20 SEC REST
8. PAUSE SQUAT X 15 (PAUSE 1-2-3)
20 SEC REST
9. SPRINT IN PLACE 30 SEC (100% RUNNING SPEED)
20 SEC REST
10. CALVES RAISES X30

Thursday 3-26-2020

Conditioning

Warm-ups

10 yards/10 yards

Knee Pulls/Quad Walk

Ankle Pulls/Hammy Kicks

Lateral Lunge R/Lateral Lunge L

Scoops for 20

1000 Steps/Race to 5

Active Warm-up

Bounding - 20 yards and back

Gather step

Stick and hold

Stick and hop

Frozones

Weave Sprints (30 yards)

45 angle 3 cuts x 4 (2R, 2L)

45 angle 2 cuts x 4 (2R, 2L)

45 angle 1 cut x 4 (2R, 2L)

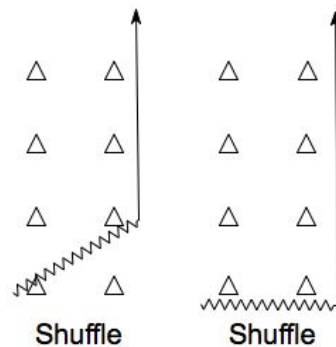
Backpedal flip sprint x 4 (2R, 2L)

Cones all 5 yards apart

Cut sprint down to 20 yards

45 Shuffle sprint x 2 each

90 Shuffle sprint x 2 each



Friday 3-27-2020

Warm-ups

<u>Jumping jacks</u>	1 x 30
<u>Push-ups</u>	1 x 10
<u>Arm Circles</u>	20 forward 20 backwards
<u>Rocking Frogs</u>	3 x 6
<u>Body squats</u>	3 x 10

Workout Station #1

- **DO SEE HOW LONG IT TAKES FOR YOU TO GET THE WORKOUT DONE. MOVE ON TO THE NEXT EXERCISE WHEN YOU WANT TO. REST WHEN YOU WANT TO. WHEN YOU GET THE TOTAL OF EACH EXERCISE YOU ARE DONE.**

<u>Diamond Push-Ups</u>	35 total	
<u>Split Jerk</u>	35 total	(USE A BROOM)
<u>Dips</u>	40 total	
<u>Overhead Squat</u>	30 total	(USE A BROOM)
<u>Crunches</u>	40 total	
<u>Back in Window</u>	30 total	
<u>Lunges w/t Bar</u>	30 total ea side	(USE A BROOM)
<u>Reverse Crunches</u>	30 total	
<u>Romainian DeadLift</u>	30 total	(USE A BROOM)

Cool Down (two rounds)

Stretch on your own

Friday 3-27-2020

Conditioning

Warm-ups

10 yards/10 yards

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Lateral Lunge R/Lateral Lunge L

Scoops for 20

1000 Steps/Race to 5

Active Warm-up

Build ups x 4 (2 @ 85%, 2 @ 95%)

Build up for 20

Sprint for 20

Coast for 20

Perfect Starts

40 start stance. Work on perfect technique, explode out of stance

1 step x 3

2 step x 3

3 step x 3

Max hip extension, overstride and gain ground each step

Explosion Starts 15 yards

Lateral means sideways

Push-up x 4

Lateral push-up x 4 (2 Right, 2 Left)

Kneeling x 4

Lateral Kneeling x 4 *Back knee down*
(2 Right 2 Left)

Rolling Start x4

Raise up on toes and fall into first step