

At Home Conditioning Program

2 days per week

Dynamic Warmup: 5-10 minutes.

25 Jumping Jacks

25 Mountain Climbers

15 Push-ups

20 yard jog/walk back 2x's

20 yrd high knees/ walk back 2x's

20 yrd butt kicks/ walk back 2x's

20 yrd Frankensteins 2x's

20 yrd Walking lunges 2x's

20 yrd Knee to Chest.

1st Block: 3 consecutive rounds

1. Sprint 15 yards and back (90 total yards)
2. 10 squat jumps or 15 Body Weight squats
3. Hamstring stretch

2nd Block: 3 consecutive rounds

1. Sprint 25 yards and back (150 total yards)
2. 10 Body Weight push-ups
3. 15 Body Weight sit-ups.

3rd Block: 3 consecutive rounds

1. Sprint 40 yards and back (240 total yards)
2. 10 reverse lunges each leg
3. 10 plank jacks. Hold plank position and jump feet together and out.

Take a 2-3 minute rest between each block.

Post training stretch/ Cool down 5 minutes.

Home workout

3 days per week

Dynamic Warm-up: 5-10 minutes

25 Jumping Jacks

10 Jumping Split Squat

5 five second push-ups. Hold push-up position for 5 count. Down/up.

15 sit-ups

20 yrd jog/ walk back 2x's

20 yrd high knees/ wb 2x's

20 yrd butt kicks/ wb 2x's

20 yrd Frankenstein/ wb 2x's

20 yrd spiderman stretch

Body Weight Workout

Fill a backpack with books or fill an old gallon milk jug with water. If you do not have free weights.

Squats with weighted backpack 3x15.

Chair/Bench/Couch dips 3x10

Glute Bridge 3x20 hold for 3 seconds

Single Leg Glute Bridge 3x15

Waterjug/weighted backpack bicep curl 3x10 (R/L)

Weighted backpack/Waterjug bent over row 3x10 (R/L)

Plank with shoulder touches 3x10

Elevate rear foot/couch/chair Single Leg Squat 3x15 each leg

Finishing Workout

10 Burpees

20 yrd bear crawl 2x's

20 yrd crab walk 2x's

20 Mountain Climbers

10 Tuck jumps