

Summer Mini Warm-ups to be done before every workout

Mini Warm up #1

Jog 2 minutes
5 Squats
Quick skips
Run 18 steps in 10 seconds
5 side lunges ea leg
Skips with arm circles
Run 18 steps in 10 seconds
5 splits squats each leg
Run 18 steps in 10 seconds
Start your run

Mini Warm-up #2

Jog 2 minutes
High Knee skips
Run 18 steps in 10 seconds
Side to side with arm swing
5 squat jumps
Run 36 steps in 20 seconds
5 switch lunges
Quick skips
Run 54 steps in 30 seconds
Start your run

FAST FEET DRILLS:

Quick steps:

Front to back
Side to side
In outs

Crazy feet

EACH SET UP AND BACK

20 meters

Balls of Feet **Straight Walking**

Balls of Feet **Toes in Walking**

Balls of Feet **Toes out Walking**

Balls of Feet **Straight Quick Step Running**

Balls of Feet **Toes in Quick Step Running**

Balls of Feet **Toes out Quick Step Running**

Balls of Feet **Straight Quick Step skip**

Balls of Feet **Toes in Quick Step Skip**

Balls of Feet **Toes out Quick Step Skip**

Heels Straight Walking

scissors

Hops:

(Both single leg and double leg)

Front to back

Side to side

Split leg hop scotch

Hour glass

Squares

Basic Stretch Circuit

Hold each stretch for 60 seconds with core tight and back straight

1. Tri ceps
2. Shoulder
3. It Band Cross Over
4. Hamstring cross over
5. Standing quad
6. Standing calf
7. Ground calf bent
8. Lunge quad stretch
9. Lat lunge
10. IT lunge
11. It Glute sit
12. Butterfly
13. Fig 4 hurdle
14. Fig 4 Cross over
15. Fig 4 Knee to chest

Heels toes in Walking

Heels toes out Walking

Grass toe grabs 3 sets of 10

In, Out, Straight

PUSH UP CORE CIRCUIT

- 1) Push-ups maybe regular or Modified (on your knees) but PROPER ALIGNMENT ALWAYS!!
- 2) Proper Alignment and technique for Push-ups and Core follow:

- a. Head to Shoulders to hips to heels in a straight line.
- b. Tuck the tail: Squeeze glutes tighten lower abs
- c. Breathe in down/explode exhale up

Week 1

Push ups:(30 seconds rest each, 2 minutes between sets complete 3 sets)

5 Normal→3 Wide→3 Narrow→3 Incline

PLANKS:(30 seconds each with 30 seconds rest – 2 sets)

Side (Both)→ Front→ Back

Week 2:

Push ups: (30 seconds rest each, 2 minutes between sets complete 3 sets)

7 Normal→5 Wide→5 Narrow→5 Incline

PLANKS :(30 seconds each with 30 seconds rest – 3 sets)

Side (Both)→ Front→ Back

Week 3:

Push ups Set:(15 seconds rest each, 1 minutes between sets complete 3 sets)

7 Normal→5 Wide→5 Narrow→5 Incline

PLANKS :(30 seconds each with 15 seconds rest – 3 sets)

Side (Both)→Front→ Back

Week 4:

Push ups Set:(30 seconds rest each, 1 minutes between sets complete 3 sets)

7 Normal→5 Wide→5 Narrow→5 Incline

PLANKS: (45 seconds each with 30 seconds rest – 3 sets)

Side (Both)→ Front→ Back

Week 5

Push ups Set: (15 seconds rest each, 1 minutes between sets complete 3 sets)

7 Normal→5 Wide→5 Narrow→5 Incline

PLANKS: (60 seconds each with 30 seconds rest – 3 sets)

Side (Both)→ Front→ Back

Week 6:

Push ups Set: (no rest... 2 minutes between sets complete 3 sets)

7 Normal→5 Wide→5 Narrow→5 Incline

PLANKS :(60 seconds each with 15 seconds rest – 3 sets):Side (Both), Front, Back

Next 3 weeks: 4 sets

Next 3 weeks 5 sets

Next cycle restart at week 2 and complete

10 Normal→7 Wide→7 Narrow→7 Incline

Week # 6

EUHS LEG CIRCUIT (FROM VERN GAMBETTA'S Weight room without walls)

The goal is one rep per second.

1st Phase: Leg Circuit Progression –

Week # 1:3 circuits with 30 seconds rest between exercises & 1 min rest between circuits

Bodyweight Squat	10 Reps
Lunge	5 Reps Ea Leg
Step-up	5 Reps Ea Leg
Jump Squat	5 Reps

Week # 2: 5 circuits with 30 seconds rest between exercises & 1 min rest between circuits

Bodyweight Squat 10 Reps
Lunge 5 Reps Ea Leg
Step-up 5 Reps Ea Leg
Jump Squat 5 Reps

Week # 3: 3 circuits with no rest between exercises and 1 min rest between circuits

Bodyweight Squat 10 Reps
Lunge 5 Reps Ea Leg
Step-up 5 Reps Ea Leg
Jump Squat 5 Reps

Week # 4: 5 circuits with no rest between exercises and 1 min rest between circuits

Bodyweight Squat 10 Reps
Lunge 5 Reps Ea Leg
Step-up 5 Reps Ea Leg
Jump Squat 5 Reps

Week # 5

Session 1 - 5 circuits w/30 seconds rest between exercises & 1 min rest between circuits

Session 2 - 5 circuits w/ no rest between exercises and 1 min rest between circuits

Bodyweight Squat 15 Reps
Lunge 8 Reps Ea Leg
Step-up 8 Reps Ea Leg

Jump Squat 8 Reps

s & 1 min rest between circuits

Bodyweight Squat 20 Reps
Lunge 10 Reps Ea Leg
Step-up 10 Reps Ea Leg
Jump Squat 10 Reps

Phase 2 of the Circuit(only to be done AFTER COMPLETING THE PROGRESSION)

Bodyweight Squat 20 Reps
Lunge 10 Reps Ea Leg
Step-up 10 Reps Ea Leg
Jump Squat 10 Reps

Week 1 - 3 circuits with 45 Sec between exercises
3 Min between circuits

Week 2 - 4 circuits with 45 Sec between exercises
2 Min between circuits

Week 3 - 5 circuits with 30 Sec between exercises
90 Sec between circuits

Week 4 - 5 circuits with 30 Sec between exercises
60 Sec between circuits

Week 5 - 5 circuits with 30 Sec between exercises, No rest between circuits

Week 6 - 5 circuits with no rest between exercises or between circuits