

OFFSEASON HOME WORKOUT

Warm Up - Prior to Each Workout

Lower Body

Jog in place	30 sec
Alternating Lunge w/ Twist	5 ea leg
Alt Quad Stretch	5 ea leg
Alt Knee Hugs	5 ea leg
High Knees	10 sec
Butt Kicks	10 sec
Heisman Shuffle	5 ea leg
2-Shuffle + Squat	5 ea way

Upper Body

Trunk Twists	15 sec
Arm Circles (fwd / back)	10 sec ea.
Goal Posts (fwd / in / out)	10 sec ea.

** all warm-ups are done in place or 2-3 strides

OFFSEASON HOME WORKOUT

Date:

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REPS

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REPS

DAY 1 (Mon or Tue)

SERIES 1

	Set 1	Set 2
Shuffle Squats (alt. L/R)		
Good Morning		
Burpees (w/ Push-up)		
Bench Dips		

	Set 1	Set 2

	Set 1	Set 2

	Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to SERIES 2

SERIES 2

	Set 1	Set 2
Bodyweight Squats (30 sec)		
Lateral Hops (30 sec)		
Lunges (alternate L/R - 30 sec)		
Sprint in Place (30 sec)		

	Set 1	Set 2

	Set 1	Set 2

	Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to CORE

CORE (30-60 sec.)

	Set 1	Set 2
Flutter Kicks		
Russian Twist		
Superman		
Low Plank		

	Set 1	Set 2

	Set 1	Set 2

	Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to COOL DOWN

COOL DOWN - FLEXIBILITY (15-30 sec.)

	Check
Standing Hamstring (M/L/R)	
Standing Quad (L/R)	
Calf Stretch (L/R)	
Pigeon Stretch (L/R)	

Check

Check

Check

See last page for links to exercises for Day 1

OFFSEASON HOME WORKOUT

Date:

REPS

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DAY 2 (Wed or Thurs)

SERIES 1	Set 1	Set 2
Push-up		
Bodyweight Overhead Squat		
Bench Dips		
3-way Lunge (bodyweight)		

Set 1	Set 2

Set 1	Set 2

Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to SERIES 2

SERIES 2	Set 1	Set 2
One Leg RDL (ea leg)		
Quadruped Reach		
Hip Extensions (elevated)		
Mountain Climbers		

Set 1	Set 2

Set 1	Set 2

Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to CORE

CORE (30-60 sec.)	Set 1	Set 2
Flutter Kicks		
Russian Twist		
Superman		
Low Plank		

Set 1	Set 2

Set 1	Set 2

Set 1	Set 2

*do Set 1 of each, then Set 2 before moving to COOL DOWN

COOL DOWN - FLEXIBILITY (15-30 sec.)	Check
Standing Hamstring (M/L/R)	
Standing Quad (L/R)	
Calf Stretch (L/R)	
Pigeon Stretch (L/R)	

Check

Check

Check

See video for examples of new exercises:

<https://youtu.be/SczjsxBQmps>

OFFSEASON HOME WORKOUT

LINKS/NOTES

DAY 1

SERIES 1

Shuffle Squats (alt. L/R)	https://www.youtube.com/watch?v=K9musWraQfc
Good Morning	https://www.youtube.com/watch?v=XVwKRR7_y1k
Burpees (w/ Push-up)	https://www.youtube.com/watch?v=ZBQjOgXwuuY
Bench Dips	https://www.youtube.com/watch?v=0326dy_CzM

SERIES 2

Bodyweight Squats (30 sec)	https://www.youtube.com/watch?v=ZFFDvgcj5A0
Lateral Hops (30 sec)	https://www.youtube.com/watch?v=bqbZqxqs8tY
Lunges (alternate L/R - 30 sec)	https://www.youtube.com/watch?v=tTej-ax9XiA
Sprint in Place (30 sec)	https://www.youtube.com/watch?v=v7rjHmZR28

CORE

Flutter Kicks	https://www.youtube.com/watch?v=F2UAWc_ubig
Russian Twist	https://www.youtube.com/watch?v=KJbMeSAAZVI
Superman	https://www.youtube.com/watch?v=VUT1RHyMEuc
Low Plank	https://www.youtube.com/watch?v=lu1Tp-z2_KQ

DAY 2 (new exercises)

Push-up	Try to keep elbows tight to body (no more than 45 degrees)
Bodyweight Overhead Squat	Keep back straight, get arms straight up (parallel to head)
3-way Lunge (bodyweight)	Maintain balance each lunge - don't rush through
One Leg RDL (ea leg)	Stay balanced and slow, aim for 5-10 each leg to start
Quadruped Reach	Keep back straight, head forward and fully extend arms/legs
Hip Extensions (elevated)	Can start lower and work up to bench height if difficult at first
Mountain Climbers	Be careful not to get arms too far ahead of shoulders

See video for examples of new Day 2 exercises:

<https://youtu.be/SczjsxBQmps>