

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 |

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

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DAY 1 (Mon or Tue)

SERIES 1 (30-60 sec break)

| | Set 1 | Set 2 |
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| Pause Push-up (3 sec.) | | |
| 1-Leg RDL (ea leg) | | |
| Single-Leg Quarter Squat | | |
| Hip Extensions (elevated) | | |

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

SERIES 2 (30-45 sec break)

| | Set 1 | Set 2 |
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| BW Squat Jump (6-10) | | |
| Lateral Hops (10-15 each way) | | |
| 4-Dot Drill (4-6 reps each leg) | | |
| Ice Skater (10-15 each leg) | | |

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*do Set 1 of each, then Set 2 before moving to SERIES 3

SERIES 3 - (45-60 sec. each, 20 sec. break)

| | Set 1 | Set 2 |
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| Mountain Climbers | | |
| Burpee to Lateral Jump | | |
| Side Bridge w/ Knee Drive | | |
| Jumping Jacks | | |

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*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) | |

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OFFSEASON HOME WORKOUT

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DAY 2 (Wed or Thurs)

SERIES 1 (30-60 sec break)

| | Set 1 | Set 2 |
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| Push-up | | |
| Bodyweight Overhead Squat | | |
| Bench Dips | | |
| 3-Way Lunge (Bodyweight) | | |

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

SERIES 2 (30-45 sec break)

| | Set 1 | Set 2 |
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| 1-leg Lateral Hops (8-12 each way) | | |
| Explosive Push-up (knees, 5-10) | | |
| 5-Dot Up-Back (8-12) | | |
| 180 Degree Jump and Land (4-6 ea. dir) | | |

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*do Set 1 of each, then Set 2 before moving to SERIES 3

SERIES 3 - (45-60 sec. each, 20 sec. break)

| | Set 1 | Set 2 |
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| Sprinter Sit-Up | | |
| Lateral Hops | | |
| Low Plank | | |
| Jumping Jacks | | |

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*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) | |

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OFFSEASON HOME WORKOUT

Date:

DAY 3 (Fri/Sat)

Pick one of the Cardio Workouts below (1 -2x per week)

Option 1 - Cardio Circuit

| | Time | Time | Time | Time |
|-------------------------------------|--------|--------|--------|--------|
| Jumping Jacks | 30 sec | 30 sec | 30 sec | 30 sec |
| Burpees | 30 sec | 30 sec | 30 sec | 30 sec |
| High Knees (in place) | 30 sec | 30 sec | 30 sec | 30 sec |
| 2 Shuffle + Squat (L/R alternating) | 30 sec | 30 sec | 30 sec | 30 sec |
| Ice Skaters (ea leg) | 30 sec | 30 sec | 30 sec | 30 sec |

*** 10 sec break between exercises

*** repeat circuit 3-4 times

Option 2 Jogging - go for a 10-15 minute jog outside

10-15 min 10-15 min 10-15 min 10-15 min

** aim is to get heart rate up for 10-15 minutes

** if you haven't started breathing harder after 5 min, increase pace

Option 3 Treadmill / Elliptical / Bike (indoor)

10-15 min 10-15 min 10-15 min 10-15 min

** aim is to get heart rate up for 10-15 minutes

** if you haven't started sweating after 5 min, increase resistance / speed

Option 4 - exercise video

There are lots of these to choose from... should be 10-20 min depending on intensity

*** if you have something at home (P90x, Insanity, etc...) go ahead and use it.

Below are a few free workouts from YouTube you can do in a limited space:

P90X FREE workout with Tony Horton

https://youtu.be/4V_Y59BaUzI

20 Minute HIIT Bodyweight Workout - No Equipment at Home |

SELF

<https://youtu.be/JoFOfZNhCI4>

4-Dot Drill

You can mark the floor with small pieces of tape - each dot should be 12-18 inches apart

A complete circuit on each leg (6 jumps) is 1 rep

Alternate legs each circuit (ie. right leg circuit then left leg circuit = 1 rep)

Pace should be about 1 jump per second (start slower if needed)

*** Try to keep weight on ball of foot and not allow non-jumping leg to touch the ground

See video for example

SEQUENCE:

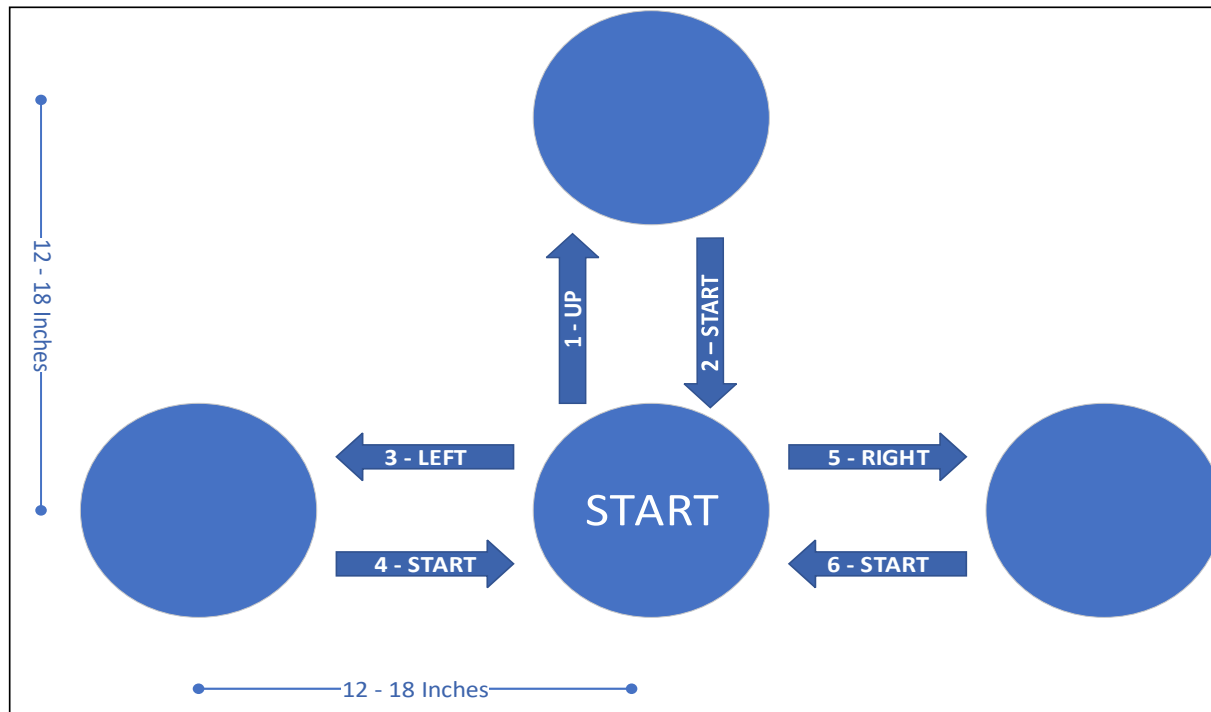
Start on right leg on 'start' dot

Jump forward (1), then back to start (2)

Jump left (3), then back to start (4)

Jump right (5), then back to start (6)

REPEAT on left leg to complete 1 rep



5-Dot Up-Back Drill

You can mark the floor with small pieces of tape - see diagram below

A complete circuit up and back is 1 rep

Focus on balance and control... then add speed

*** Try to keep weight on balls of feet and stay close to ground (do not hop, more of a quick shuffle)

See video for example

SEQUENCE (1 Repetition):

Start L/R feet on respective bottom dots

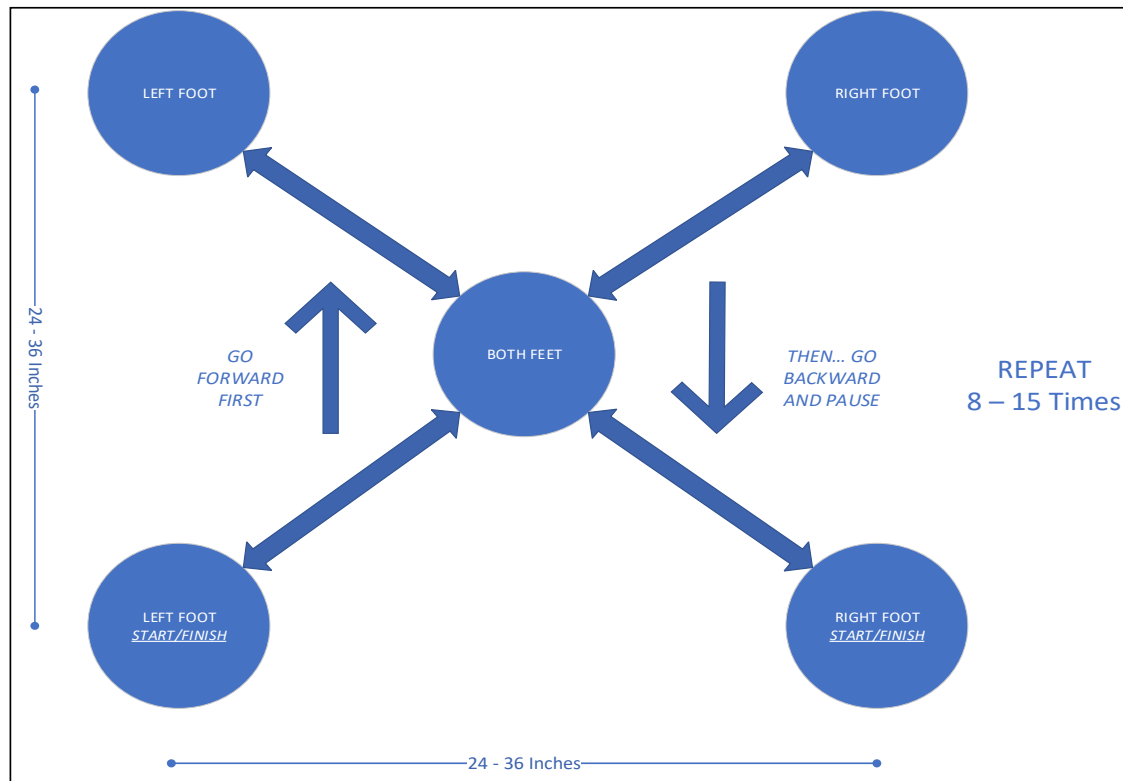
Jump forward, both feet to middle dot

Jump forward, L/R feet to respective top dots

Jump backward, both feet to middle dot

Jump backward, L/R feet to respective starting dots

REPEAT 8-15 times



OFFSEASON HOME WORKOUT

New Exercises - weeks 10-13

VIDEO LINK FOR NEW EXERCISES: <https://youtu.be/3l-Mm1ZXzYs>

NOTES

Day 1

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|-----------------------------------|---|
| Pause Push-up (3 sec.) | Start in high plank, down to low pushup position, count 3, push back up (be sure to breathe) |
| Single-Leg Quarter Squat (ea leg) | Like you are beginning to sit with 1 leg, then back up to straight |
| BW Squat Jump (6-10) | Load up into squat and jump, land soft. |
| Lateral Hops (10-15 each way) | Like you are jumping side to side over an imaginary baseball bat |
| 4-Dot Drill (4-6 reps each leg) | alternate legs each rep (see video for example) |
| Ice Skater (10-15 each leg) | Focus on landing soft and not allowing weight to go to the outside of the foot |
| Burpee to Lateral Jump | Whole body movement, complete the burpee before jumping |
| Side Bridge w/ Knee Drive | Keep elbow under shoulder, start slow with the knee and maintain balance (20-30 sec per side, switch) |

Day 2

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| 1-leg Lateral Hops (8-12 each leg) | Like 2 leg above, side to side over an imaginary baseball bat on 1 leg, then switch |
| Explosive Push-up (knees, 5-10) | Go into pushup on knees, then explosively push into the ground, stabilize with soft wrist and elbows |
| 5-Dot Up-Back (8-12) | Like mini hop-scotch, see video |
| 180 Degree Jump and Land (4-6 ea. dir) | Alternate direction each rep, be sure to land soft and pause between jumps |
| Sprinter Sit-Up | Opposite arm/leg combo, upper back/heels touch floor each rep |