

OFFSEASON HOME WORKOUT

Indoor 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

Date:

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REPS

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REPS

DAY 1 (Mon or Tue)

SERIES 1 (30-60 sec break)

	Set 1	Set 2
Pause Push-up (3 sec.)		
Bodyweight Squats		
1-Leg RDL (ea leg)		
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 (30-45 sec break)

	Set 1	Set 2
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)		

Set 1	Set 2

Set 1	Set 2

Set 1	Set 2

*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
Mountain Climbers		
Burpee to Lateral Jump		
Side Bridge w/ Knee Drive		
Jumping Jacks		
Russian Twist		

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

OFFSEASON HOME WORKOUT

Date:

REPS

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DAY 2 (Wed or Thurs)

SERIES 1 (30-60 sec break)

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

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 (30-45 sec break)

	Set 1	Set 2
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)		

Set 1	Set 2

Set 1	Set 2

Set 1	Set 2

*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
Mountain Climbers		
Flutter Kicks		
Lateral Hops		
Low Plank		
Jumping Jacks		

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

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>