

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

Date:

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REPS

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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
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 (30-45 sec break)

	Set 1	Set 2
Bodyweight Squats (30-45 sec)		
Lateral Hops (30-45 sec)		
Lunges (alternate L/R - 30-45 sec)		
Sprint in Place (30-45 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. per)

	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 links for examples of exercises

OFFSEASON HOME WORKOUT

Date:

REPS

REPS

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DAY 2 (Wed or Thurs)

SERIES 1 (30-60 sec break)

	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 (30-45 sec break)

	Set 1	Set 2
Bodyweight Squats (30-45 sec)		
Lateral Hops (30-45 sec)		
Lunges (alternate L/R - 30-45 sec)		
Sprint in Place (30-45 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. per)

	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 links for examples of exercises

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
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** 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
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** 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/JoFOfZNhCl4>

OFFSEASON HOME WORKOUT

Videos for Exercises

Video Link

WARM UP

Jog in place	https://youtu.be/BEzBhpXDkLE
Alternating Lunge w/ Twist	https://youtu.be/7-A_IQmsIRk
Alt Quad Stretch	https://youtu.be/vaDBaT0pzd4
Alt Knee Hugs	https://youtu.be/MmqwPBv_6oE
High Knees	https://youtu.be/ENkKxht5QTI
Butt Kicks	https://youtu.be/RLYR3wodvhQ
Heisman Shuffle	https://youtu.be/0nEDWcnmMU4
Trunk Twists	https://youtu.be/haWuH3LRFI4
Arm Circles (fwd / back)	https://youtu.be/ZpTP8XhB3b8
Goal Posts (fwd / in / out)	https://youtu.be/B5YAyeuLD3s

note: you can either do both arms together or alternate like the video

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_ubjg
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