

## **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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**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

**OFFSEASON HOME WORKOUT**

Date: 

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**DAY 2 (Wed or Thurs)**

**SERIES 1 (30-60 sec break)**

	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 (30-45 sec break)**

	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. 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

**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](https://youtu.be/4V_Y59BaUzI)

*20 Minute HIIT Bodyweight Workout - No Equipment at Home |*

*SELF*

<https://youtu.be/JoFOfZNhCI4>

## **OFFSEASON HOME WORKOUT**

### ***New Exercises - weeks 5-8***

VIDEO LINK FOR NEW EXERCISES: <https://youtu.be/Ed5wdTgutRA>

### NOTES

SERIES 1 - same as last 4 weeks

#### SERIES 2

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