# *"Time off does not mean time lost"*

Questions? Email Coach Gray rgray@frontiercsd.org
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## Day 1

***Things you will need: Backback full of book/weighted item/free Weights. To change difficulty wear backpack for all Lunges***

| Lift Card | |
|---|---|
| **1) Vert Jmp Variation** *(Box/Tuck Jump)* | 3x5 |
| **2) Rear Foot Elevated Split Squat** *Put back foot on couch or stair… add backpack* | 3x5 (R/L) |
| **3) Prone (Laying down I,Y,T's)** *Keep Arms/hands off ground* | 3x5 each |
| **4) Single Leg Backpack RDLs** | 3x5 (R/L) |
| **5) BW Push Ups** | 3x5 |
| **6) Single Leg Glute Bridge** | 3x15 (R/L) |
| **7) Chair/Bench/Couch Dips** | 3x10 (R/L) |
| **8) Waterjug or Backpack Curls** | 3x10 (R/L) |
| **9) Plank Backpack Pull Throughs** | 3x10 |
| **10) Standing Band Rows or Bent Backpack Rows** | 3x10 |
| **Finisher - Feel free to break up total reps into sets** | |
| **11) BW Squats** | x100 |
| **12) BW Toe Touches** | x100 |

**Cool Down Post Training Session Stretch!!**

**Pride and Punish**

## Day 2

***Things you will need: Backback full of book/weighted items. To change difficulty wear backpack for all Lunges***
***Preformed in circuit format Perform in Circuit Format (a,b,c,a,b,c…)***

| Round 1 | |
|---|---|
| **1a)** Linear Lunge | 3x5 (R/L) |
| **1b)** BW Push Ups | 3x10 |
| **1c)** Backpack V-Ups | 3x15 |
| **Round 2** | |
| **2a)** Lateral Lunge | 3x5 (R/L) |
| **2b)** Single Arm Backpack Rows | 3x10 (R/L) |
| **2c)** Supermen | 3x20 |
| **Round 3** | |
| **3a)** Rotational Lunge | 3x5 (R/L) |
| **3b)** Mountain Climbers | 3x20 |
| **3c)** Plank Holds (Front/Side/Side) | 3x:30/:20/:20 |
| **Round 4** | |
| **4a)** Cross Over Lunge | 3x5 (R/L) |
| **4b)** Tempo Push Ups *5 secs dow* | 3x5 |
| **4c)** Elevated Heel Touches | 3x10 (R/L) |
| **Round 5** | |
| **5a)** Curtsey Lunge | 3x5 (R/L) |
| **5b)** Tempo Single arm Backpack Rows (5 sec down) | 3x10 (R/L) |
| **5c)** Backpack Lateral Side Bends (Oblique) | 3x10 (R/L) |
| **Round 6** | |
| **6a)** Hamstring Step Back Lunge | 3x5 (R/L) |
| **6b)** Burpees | 3x10 |
| **6c)** Plank Holds | 3x:30 seconds |

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## *Day 3*

***Performed outside in a BIG OPEN Space/Field/Track***

**Warm-Up: 5-10 minute Dynamic Warm-up**

**Exercises every 5-6 yards, JB = Jog Back to starting spot**

1) Knee to Chest --> Hug Knee to Chest --> Jog Back
2) Forward Lunges --> JB
3) SUMOS Right --> Then Left --> JB
4) Frankenstiens --> JB
5) High Knees --> Jog Forward --> JB
6) Butt Kicks --> Back Pedal --> JB
7) Jog Forward --> Back Pedal --> JB

**Block 1: Pefrom Consecutively for 3 rounds**

1) 40 Yard sprint (20 yards there & back)
   Yardage: 120
2) 5 Squat Jumps or 12 BW Squats
3) 20 Toe Touches

***2-3 minutes rest before Block 2***

**Block 2: Pefrom Consecutively for 3 rounds**

1) 60 Yard sprint (30 yards there & back)
   Yardage: 180
2) 10 BW Pushups
3) 12 BW Sit-ups

***2-3 minutes rest before Block 3***

**Block 3: Pefrom Consecutively for 3 rounds**

1) 80 Yard sprint (40 yards there & back)
   Yardage: 240
2) 5 each forward lunges
3) 10 plank jacks

**Cool Down Post Training Session Stretch!!**

**Pride and Punish**

## *Day 4*

***Peformed Inside/ Outisde - will need a backpack filled w/ weight or Free Weights***

**Block 1: Pefrom Consecutively for 3 rounds**

1) Squats Tempo: 3 Sec Down
   w/ Weighted Backpack 3 x 12
2) Push-ups Tempo: 3 Sec Down
   w/ or without Weighted Backpack 3 x 8
3) Sit -ups Holding Weighted BP 3 x 12

**Block 2: Pefrom Consecutively for 3 rounds**

1) RDL to Bent Over Row w/ Weighted BP 3 x 12
   **Squeeze @ top**
2) Reverse Lunges w/ Knee Drive 3 x 6each
3) Forarm Plank Pull-Throughs
   w/ weighted BP 3 x 5each

**Block 3: Pefrom Consecutively for 3 rounds**

1) Single Leg Romanian Deadlift **Keep these controlled**
   w/ weighted BackPack 3 x 5each
2) Squat to Over head Press W/ weighted BP 3 x 10
3) Russian Twist w/ weighted BP 3 x 20each

**Block 4: Pefrom Consecutively for 3 rounds**

1) BW Squats for time: As Many as Possible in 30 seconds or Wall Sit :30
2) Plank Shoulder touches 3 x 10 each
3) Side Planks Holds w/ Top Leg Up 3 x :20 seconds each

**Cool Down Post Training Session Stretch!!**