

Bulldogs,

In order for us to compete for a championship, it is critical that you do your part by committing yourself to strength and conditioning during the months of June and July. Your teammates are counting on you to arrive in great shape in August.

We have High expectations for the 2016 Season! Do your part. Don't train to just get by; train to DOMINATE your opponents!

If you have any questions about this program or how to use it please call or text Coach Arrington @870-918-2318.

Thank you,

Coach Arrington



FAYETTEVILLE BULLDOGS FOOTBALL SUMMER WORKOUTS!

FLEXIBILITY AND PROPER WARM-UP ARE KEY TO SPEED AND STAYING INJURY-FREE!

Warm-Up

Get your blood flowing before any stretch!

1. Jog 40 yards between each of these exercises:
 - A. Jumping Jacks x 10 reps
 - B. Trunk Twists and Arm Swings (stretch out upper body)
 - C. BW Squats x 5 reps
 - D. Slow and Easy Windmills
2. Squeeze Knee to Chest then High Knees (Do each of these for 20 yds.)
3. Quad Walk then Buttkicks
4. Lunge with a twist (add elbow behind heel) then backward lunge and reach
5. High Knee Carioca each direction
6. Russian Walk and then Skip
7. Backwards run (reach)
8. Skips - start off easy and build-up to Power Skips
9. 40 yard build-up (x1 or more)

STATIC STRETCH (Post Workout)

1. Hamstrings, Quads, Groins, Hip Flexors, Calves
2. Figure 4 Hip Stretch
3. Indian Style Hip Stretch
4. On back, Right foot to left Hand and rotate (Scorpions)
5. Reverse Scorpions (on stomach)

Week # 1

Weight Workout- May 31st

Exercise Reps x weight (you pick the weight) - get the reps!

Bench Press 12 x _____ 10 x _____ 10 x _____

Incline Press 12 x _____ 10 x _____ 10 x _____

Military Press 12 x _____ 10 x _____ 10 x _____

Australian Push-ups (superset) 12 x _____ 10 x _____ 10 x _____

DB/Plate Shoulder Circuit 12 x _____ 10 x _____ 10 x _____

Bar Curls (superset) 12 x _____ 10 x _____ 10 x _____

Dips 15 x Body 12 x Body 12 x Body

CORE #1 _____

Warm-up: 10-20 minutes

Do this conditioning on a track!

2 x 400m **WR/DB** (1:18) **RB/LB/QB** (1:23) **Lineman** (1:34)

Rest 3 min 3 min 3 min

3 x 200m **WR/DB** (:32) **RB/LB/QB** (:35) **Lineman** (:38)

Rest 1:10 1:15 1:20

6 x 110yd **WR/DB** (:16) **RB/LB/QB** (:18) **Lineman** (:21)

Rest :45 :45 :45

STATIC STRETCH AT THE END! Rest: 2:00 between #4 and #5

Weight Workout- June 1st

Exercise Reps x weight (you pick the weight) - get the reps!

Squat - Parallel 12 x _____ 10 x _____ 10 x _____

Stationary Lunge 12 x _____ 12 x _____

Ham Falls 12 x _____ 12 x _____

Calf Raise 25 x _____ 25 x _____

Pull-Ups or Lat Pull In Front 8 x _____ 8 x _____ 8 x _____

Seated Row or Bent-Over Row 12 x _____ 10 x _____ 10 x _____

Partner Rear Deltoid 12 x _____ 10 x _____ 10 x _____

Barbell Pullover 12 x _____ 10 x _____ 10 x _____

CORE #2 _____

Warm-up: 10-20 minutes: **Conditioning:** 8 Half-Gassers (good strides)

Rest :45 between each;STATIC STRETCH AT END!

Weight Workout-

Exercise Reps x weight (you pick the weight)

Incline Press 12 x _____ 10 x _____ 10 x _____

Rev. Bench Press 12 x _____ 10 x _____ 10 x _____

Seated Shoulder Press 12 x _____ 10 x _____ 10 x _____

Dips 10-15 reps _____ 10-15 reps _____ Max reps _____

Curl 12 x _____ 10 x _____ 10 x _____

Triceps Push with plate or DB 12 x _____ 10 x _____ 10 x _____

Shoulder Circuit (10 ea.) 2 sets

Conditioning Training

Warm-Up: 10-20 minutes

Agility and Conditioning:

1. Pick any 4 Agility Drills and do them 4 times each (with the intensity of a morning workout)

2. 20 Yard Ladder (20yds and back to 100 yards and back down):

Ex: 2 x 20 yards, 2 x 40yds, 2 x 60, 2 x 80, 2 x 100, 2 x 80, 2 x 60, 2 x 40, 2 x 20

(1000 yards total)

3. **STRETCH!**

Weight Workout- June 2nd

Exercise Reps x weight (you pick the weight)

Drop Bottom Squats (< 225 pounds) 10 x _____ 10 x _____ 10 x _____

DB/Plate Walking Lunge 10 each leg x _____ 10 x _____ 10 x _____ (toe down)

Side to Side Squat 12 x _____ 12 x _____ 12 x _____

Calf Raise 25 x _____ 25 x _____ 25 x _____

Pull-Ups 12 x _____ 10 x _____ 10 x _____

Shoulder Shrugs (superset) 12 x _____ 10 x _____ 10 x _____

Upright Row 12 x _____ 10 x _____ 10 x _____

CORE #3 _____

Warm-Up 10-20 minutes

3 x long 300 yard shuttle (Rest 2 minutes between reps) **Push Yourself!**

Long Stretch!

Weight Workout- Week 2 June 6th

Bench Press 10 x _____ 10 x _____ 10 x _____ 10 x _____

Pull-Ups 8 x _____ 8 x _____ 8 x _____ 8 x _____

Incline 10 x _____ 10 x _____ 10 x _____ 10 x _____

Bent Over Row 10 x _____ 10 x _____ 10 x _____ 10 x _____

Bar Shrug 15 x _____ 15 x _____ 15 x _____

Bi's/Tri's (Your Choice) 3 x 15 reps

Shoulder Circuit x 2 sets

Conditioning

Warm-up: 10-20 minutes

Do this conditioning on a track! 1 x 400m –Skill-1:15, Big Skill- 1:20, OL/DL- 1:30

Rest 2:50 2:50 2:50

2 x 200m **WR/DB** (:31) **RB/LB/QB** (:34) **Lineman** (:37)

Rest 1:10 1:15 1:15

8 x 110yd **WR/DB** (:16) **RB/LB/QB** (:18) **Lineman** (:21)

Rest: :45 :45 :45

4 x 55yd Max effort

Rest: :25 :25 :25

Weight Workout- June 7th

Hang Shrug (Explosive Shrug) 8x _____ 8x _____ 6x _____ 6x _____

Squat - Parallel 10x60% _____ 10x65% _____ 10x70% _____ 10x70+% _____

Box Jumps (Step-Down) 5 x _____ 5 x _____ 5 x _____

RDL 10 x _____ 10 x _____

Stationary Lunge 10 each leg x _____ 10 x _____

Dead Lift 10 x _____ 10 x _____ 10 x _____

Four-Way Neck 10 x _____ each direction

CORE #1 _____

Skill Training: Conditioning

DB/LB/WR/RB/QB: Pass Skel **Push Yourself!**

OL/DL: Pass Rush vs. ea. other 1 x 1,000 yard shuttle **STRETCH AFTER**

Weight Workout- June 8th

Push Press 8 x _____ 8 x _____ 8 x _____

Front Squat 10x _____ 10x _____ 10x _____ 10x _____

Box Step-Up (each leg) 10 x _____ 10 x _____ 10 x _____

RDL 12 x _____ 12 x _____ 10 x _____ 10 x _____

Incline 10 x _____ 10 x _____ 10 x _____ 10 x _____

Push-Ups 100 Total (Some with a Clap)

Back Row(Seated or Bent-Over) 15 x _____ 12 x _____ 10 x _____

Shoulder Burn x 2 sets

CORE #2 _____

Agility Conditioning

Warm-Up 10-20 minutes (p.3) Skill: 12 x 100 yards, Big Skill-: 12 x 80 yards (:45 seconds rest between each)

Line: 12 x 60 yards (2 minutes between #6 & #7)

Pick any 4 Agility Drills

x 4 times through each

LONG STATIC STRETCH AFTER!

Weight Workout- June 9th

Bench Press 10 x _____ 10 x _____ 10 x _____ 10 x _____

Pull-Ups 8 x _____ 8 x _____ 8 x _____ 8 x _____

Decline Push-Ups 10 x _____ 10 x _____ 8 x _____

DB Row 10 x _____ 10 x _____ 8 x _____

Upright Row 12 x _____ 12 x _____ 12 x _____ 12 x _____

Any Arms _____

CORE #3

Skill Training: Conditioning

DB/LB/WR/RB/QB: 1 x short 300 yard shuttle

OL/DL 1 x 1,000 yard shuttle **Push Yourself! STRETCH!**

Weight Workout- Week 3 June 13th

Hang Shrug (Explosive!) 6x _____ 6x _____ 6x _____ 6x _____
Squat - Parallel 10x65% _____ 10x70% _____ 10x75% _____ 10x75% _____
Box Jumps (Step-Down) 5 x _____ 5 x _____ 5 x _____ 5 x _____
RDL 10 x _____ 10 x _____ 10 x _____
DB/Plate Walking Lunge 8 each leg x _____ 8 x _____
Dead Lift 10 x _____ 10 x _____ 10 x _____
Four-Way Neck 10 x _____ each direction
CORE #1 _____

Conditioning

Warm-up: 10-20 minutes
2 reps x Hash and Back 5 times
Rest 2:00 Between Each
3 x Sideline Ladders **PUSH YOURSELF!**
Rest 1:15 Between Each
4 x Full Gassers
Rest 2:00 Between Each **STRETCH!**

Weight Workout- June 14th

Warm-Up Well then **TEST in BENCH PRESS!**
Incline Press 8 x _____ 8 x _____ 8 x _____ 8 x _____
Front Squat 10x _____ 8 x _____ 8 x _____ 8 x _____
Box Jumps (Step-Down) 5 x _____ 5 x _____ 5 x _____ 5 x _____
Box Step-Up (each leg) 8 x _____ 8 x _____ 8 x _____
Hang Clean 10 x _____ 10 x _____ 10 x _____
Side to Side Squat 10 x _____ 10 x _____ 10 x _____
Bent-Over Row 10 x _____ 10 x _____ 10 x _____ 10 x _____
Push Press 10 x _____ 10 x _____ 10 x _____

Conditioning:

WARM-UP 10-20 minutes

Agility: Any 4 Agility Drills

Conditioning- Skill: 14 x 100 yards Combo: 14 x 80 yards (rest :45 seconds between ea.)

Line: 14 x 60 yards (2 minutes between #7 and #8)

Weight Workout- June 15th

Bench Press 8x _____ 8x _____ 8x _____ 8x _____
Pull-Ups 8x _____ 8x _____ 8x _____
DB Alternating Incline Press 8 x _____ 8 x _____ 8 x _____
Bent-Over Row 10 x _____ 10 x _____ 10 x _____
Bar Shrug 10 x _____ 10 x _____ 10 x _____
Any Arms _____
Shoulder Burn x 2 sets
CORE #2 _____

CONDITIONING TRAINING

Warm-up: 10-20 minutes **WR/DB/RB LB/QB LINE**

3 x 200 yards :31 :34 :37

Rest 1:10 1:10 1:15

8 x 110 yards :16 :18 :20

Rest :45 between each; 1:15 between reps #4 and #5

10 x 55 yards All out effort

STRETCH AFTER! Rest :45 between each; 2:00 between reps #5 and #6 #7

- LONG WARM-UP THEN STATIC STRETCH!

Weight Workout- June 16th

*Hang Clean(Explosive!) 8 x _____ 8 x _____ 6 x _____ 6 x _____

Squat - Parallel 8x65% _____ 8x70% _____ 8x75% _____ 8x75% _____

Box Jumps (Step-Down) 5 x _____ 5 x _____ 5 x _____ 5 x _____

Dead Lift 8 x _____ 8 x _____ 8 x _____

Stationary Lunge 8 each leg x _____ 8 x _____ 8 x _____

*Back Hyperextension 12 x _____ 12 x _____

Four-Way Neck 10 x _____ each direction

CORE #3 _____

Skill Training: Conditioning

DB/LB/WR/RB/QB: Pass Skel 1 x short 300 yard shuttle

OL/DL: Pash Rush 1 x 1,000 yard shuttle **Push Yourself!**

STRETCH!

Weight Workout- Week 4 June 20th

Close Grip Bench Press 10 x _____ 8 x _____ 8 x _____ 6 x _____ 6 x _____

Any Back Row 10 x _____ 10 x _____ 10 x _____ 10 x _____

Bar Shoulder Press 8 x _____ 8 x _____ 8 x _____

Reverse Grip Pull Ups 10 x _____ 10 x _____ 10 x _____

Front Squat - Parallel 8 x _____ 8 x _____ 8 x _____

RDL 6 x _____ 6 x _____ 4 x _____

Bi's/Tri's (Your Choice) 3 sets of 12

CORE #1 _____

Conditioning

Warm-Up 10-20 minutes

1. 2 x short 300 yd shuttle

Rest 2:00 Between Reps **Push Yourself!**

Pick Any 2 Agility Drills x 5 reps ea. 2. 1 x short 150 yd shuttle STRETCH!

Weight Workout- June 21st

Shoulder Pre-Hab (Internal/External Rotations - Lay on the Ground)

Push Press 8 x _____ 8 x _____ 8x _____ 8 x _____

Bench Press p.50 (3 warm-up sets) 6 x60% 5 x70% 5 x75% 4 x80% 4 x85%

Bent-Over Row 8 x _____ 8 x _____ 8 x _____ 8 x _____

Bar or DB Incline Press 8 x _____ 8 x _____ 8 x _____

Bar Shrug 8 x _____ 8 x _____ 8 x _____ 8 x _____

Weighted Dips 10 x _____ 8 x _____ 6 x _____

Shoulder Burn x 2 sets

Warm Up

Conditioning: 2 x 15 Play Drives (By Position)

STRETCH!

Weight Workout- June 22nd

Hang Clean 8 x _____ 8 x _____ 6 x _____ 6 x _____
Squat - Parallel 8x80%_____ 6x85%_____ 4x90%_____ 4x90%_____ 4 x 90%_____
Box Jumps 5 x _____ 5 x _____ 5 x _____ 5 x _____
RDL - Slow 5 x _____ 5 x _____ 5 x _____
DB Walking Lunge 5 each leg x _____ 5 x _____ 5x _____
Ham Falls 10 x _____ 10 x _____ 10 x _____
Four-Way Neck 10 x _____ each direction
CORE #2 _____

Conditioning

Warm-up: 10-20 minutes **18 x 40 yards (Good Strides - not sprints)**
- 30 seconds rest in between each
- 1:30 between reps #6 & #7 and between reps #12 & #13
STRETCH AFTER!

Weight Workout- June 23rd Last Lift Before Dead Period

Shoulder Pre-Hab (Internal/External Rotations - Lay on the Ground)
Bench Press Routine(3 warm-up sets) 4x80% 4x80% 2 x95% 2 x95%
Bent Over Row 6 x _____ 6 x _____ 6 x _____ 6 x _____
Incline 10 x _____ 8 x _____ 6 x _____ 4 x _____
Pull-Ups 8 x _____ 8 x _____ 8 x _____
Bar Shrug 10 x _____ 10 x _____ 10 x _____
Lateral Raise 10 x _____ 10 x _____ 10 x _____
Shoulder complex 15 x _____ 15 x _____
Bi's/Tri's (Your Choice) 3 sets of 10
CORE #1 _____

Conditioning

Foot-Speed Drill #1 Speed Ladder

Warm-Up: 10-20 minutes
16 x 100 yards (skill) 16 x 80 yards (combo) 16 x 60 yards (line) (Rest :45 sec between reps)
Next: Try to do a swimming pool workout (pg. 37)

Weight Workout- Week 5 July 11th First Lift Back from Dead Period

Power Clean(Explosive!) 8 x _____ 6 x _____ 6 x _____ 4 x _____
Squat - Parallel 8x65%_____ 8x70%_____ 8x75%_____ 8x75%_____
Box Jumps (Step-Down) 5 x _____ 5 x _____ 5 x _____ 5 x _____
Dead Lift 8 x _____ 8 x _____ 8 x _____
Stationary Lunge 8 each leg x _____ 8 x _____ 8 x _____
*Back Hyperextension 12 x _____ 12 x _____
Four-Way Neck 10 x _____ each direction
CORE #3 _____

Skill Training: Conditioning

DB/LB/WR/RB/QB: Pass Skel 1 x short 300 yard shuttle
OL/DL: Pash Rush 1 x 1,000 yard shuttle **Push Yourself!**
STRETCH!

Weight Workout- July 12th

Shoulder Pre-Hab (Internal/External Rotations - Lay on the Ground)

Bench Press Routine 6 x 60% 5 x 65% 5 x 65% 4 x 70% 4 x 70%

Pull-Ups 8 x _____ 8 x _____ 8 x _____ 8 x _____

Incline Press 8 x _____ 5 x _____ 5 x _____

Decline Push Ups 12 x _____ 12 x _____ 12 x _____ 12 x _____

Bar Shrug 10 x _____ 10 x _____ 10 x _____

Bi's/Tri's (Your Choice) 3 x 10 reps

Shoulder Complex x 2 sets

Skill Training: Conditioning

DB/LB/WR/RB/QB: Pass Skel **A.** Partner Tag Sprints 3 from each position x 10 yds

OL/DL: Pash Rush **B.** Pick Three Agility Drills

Kickers: Kick * do each drill 5 times

Or do 2 Play-Drives! C. 8 x 60 yard sprints

*rest 40 seconds between each and 1:00 after 4

Weight Workout- July 13th

Hang Clean 8 x _____ 8 x _____ 6 x _____ 6 x _____

Parallel 6x80% _____ 4x90% _____ 4x90% _____ 4x90% _____ 4 x 90% _____

Box Jumps 5 x _____ 5 x _____ 5 x _____ 5 x _____

RDL (slow) 5 x _____ 5 x _____ 5 x _____

DB Walking Lunge (heavy) 5 each leg x _____ 5 x _____

Back Hyperextension/Glute 10 x _____ 10 x _____

Four-Way Neck 10 x _____ each direction

CORE #2 _____

Conditioning

Warm-Up 10-20 minutes! **10 Yard Ladder up to 50 Yards and back:**

2 x 10 yards, 2 x 20yds, 2 x 30, 2 x 40, 2 x 50, 2 x 40,

2 x 30, 2 x 20, 2 x 10 (500 yards total) **STRETCH!**

Weight Workout- July 14th

Exercise Reps x weight (you pick the weight)

Incline Press 12 x _____ 10 x _____ 10 x _____

Rev. Grip Bench Press 12 x _____ 10 x _____ 10 x _____

Push Press 12 x _____ 10 x _____ 10 x _____

Dips 10-15 reps _____ 10-15 reps _____ Max reps _____

Bar Curl 12 x _____ 10 x _____ 10 x _____

Triceps Push 12 x _____ 10 x _____ 10 x _____

Shoulder Burn (7 Exercises-10 ea.) 2 sets

Conditioning Training

Warm-Up: 10-20 minutes

Agility and Conditioning:

1. Pick any 4 Agility Drills and do them 4 times each (with the intensity of a morning workout)

2. 20 Yard Ladder (20 to 100 yards and back down):

2 x 20 yards, 2 x 40 yds, 2 x 60, 2 x 80, 2 x 100, 2 x 80, 2 x 60, 2 x 40, 2 x 20
(1000 yards total)

3. **STRETCH!**

Weight Workout- Week 6 July 18th

Exercise Reps x weight (you pick the weight)

Drop Bottom Squats(< 225 pounds) 10 x _____ 10 x _____ 10 x _____

Stationary Lunge 10 each leg x _____ 10 x _____ 10 x _____ (toe down)

Side to Side Squat 12 x _____ 12 x _____ 12 x _____

Calf Raise 25 x _____ 25 x _____ 25 x _____

Pull-Ups 12 x _____ 10 x _____ 10 x _____

Shoulder Shrugs(superset) 12 x _____ 10 x _____ 10 x _____

Upright Row 12 x _____ 10 x _____ 10 x _____

CORE #3 _____

Warm-Up 10-20 minutes

3 x long 300 yard shuttle (Rest 2 minutes between reps) **Push Yourself!**

Long Stretch!

Weight Workout- July 19th

Shoulder Pre-Hab (Internal/External Rotations - Lay on the Floor)

Hang Clean 3 x _____ 3 x _____ 3 x _____ 3 x _____

Bench Press 6 x 65% 5 x 70% 5 x 75% Failure x 50%

Military Press 7 x _____ 7 x _____ 7 x _____ 7 x _____

Chin-Ups 10 x _____ 10 x _____ 10 x _____ 10 x _____

Pause Squat (50% max) 5 sets of 3 reps (explode up)

Box Jumps (Speed) 6 x _____ 6 x _____ 6 x _____

Walking Lunge each leg 5 x _____ 5 x _____

Shoulder Burn x 2 sets

Core #2 4 ways x 10 reps

Weight Workout- July 20th

Exercise Reps x weight (you pick the weight) - get the reps!

Squat - Parallel 12 x _____ 10 x _____ 10 x _____

Stationary Lunge 12 x _____ 12 x _____

Ham Falls 12 x _____ 12 x _____

Calf Raise 25 x _____ 25 x _____

Pull-Ups or Lat Pull In Front 8 x _____ 8 x _____ 8 x _____

Seated Row or Bent-Over Row 12 x _____ 10 x _____ 10 x _____

Partner Rear Deltoid 12 x _____ 10 x _____ 10 x _____

Barbell Pullover 12 x _____ 10 x _____ 10 x _____

CORE #2 _____

Warm-up: 10-20 minutes: **Conditioning:** 8 Half-Gassers (good strides)

Rest :45 between each;STATIC STRETCH AT END!

Weight Workout- July 21st

Exercise Reps x weight (you pick the weight)

Incline Press 12 x _____ 10 x _____ 10 x _____

Rev. Grip Bench Press 12 x _____ 10 x _____ 10 x _____

Push Press 12 x _____ 10 x _____ 10 x _____

Dips 10-15 reps _____ 10-15 reps _____ Max reps _____

Bar Curl 12 x _____ 10 x _____ 10 x _____

Triceps Push 12 x _____ 10 x _____ 10 x _____

Shoulder Burn (7 Exercises-10 ea.) 2 sets

Conditioning Training

Warm-Up: 10-20 minutes

Agility and Conditioning:

1. Pick any 4 Agility Drills and do them 4 times each (with the intensity of a morning workout)

2. 20 Yard Ladder (20 to 100 yards and back down):

2 x 20 yards, 2 x 40 yds, 2 x 60, 2 x 80, 2 x 100, 2 x 80, 2 x 60, 2 x 40, 2 x 20
(1000 yards total)

3. **STRETCH!**

July 25th

Conditioning TEST!!!!!!!!!!!!

Weight Room Exercises

Military Press - In front of face

Upright Row - Elbows higher than the wrists at the top of lift

Parallel Squat Drop-Bottom Squats

*lighter weight, but go below parallel

Shoulder Burn- do 10 reps of each exercise w/o stopping, add press shrugs, biceps, and triceps,

DB Lateral Raise DB Front Raise Rear Deltoid Raise

RDL - Romanian Deadlift

*Slightly bend knees then keep them in that position as you lower the weight, sticking tail back & up

DB Rear Deltoid Raise Overhead Squat - keep heels on ground

Wrist Curls or Squeezes - Do wrist

curls as pictured, or squeeze a

wrist strengthener

Rear Deltoid Swim - bring your arms back out wide & switch to palms up- on stomach

Hang Shrug *Hang Clean position; explode up into a shrug on your toes

Box Jumps (Step-Down) *Step off box & explosively jump onto another

Shoulder Pre-Hab: Internal/External Rotations (4 directions)

Squat Press - do a regular squat; hold the low position and do a shoulder press from there (lighter weight)

Clean Pull - start in Power Clean stance; bring bar up into a shrug

Partner-Resisted Groin: bring knees up & down with resistance

Side Laying Leg Lifts

*lead with your heel

*top & bottom leg

Bridges - always make your body straight and hold
Front (Chest Down) Sideways (do both sides) Back (Chest Up)

Side Lunge

MedBall Chest Pass

One-Legged Squat (Parallel)

Hang Clean and Press - do a Hang Clean followed by a Push Press

CORE/AB EXERCISES: This is where it all starts!

CORE #1

1. ONE-LEGGED V-UPS 2 X 12 REPS
2. FRONT (CHEST DOWN) BRIDGE 2 X 30 SECONDS
3. OFF A BENCH: CIRCLES(like scoops) 2 X 8 EA. DIRECTION
4. BACK HYPERS 2 X 20 REPS
5. HIP FLEXIBILITY STRETCHES (bottom of this sheet)

CORE #2

1. PARTNER MED BALL CRUNCH & TOSS 2 X 10 REPS
2. SIDEWAYS BRIDGE (LEFT & RIGHT) 2 X 30 SECONDS
3. ALTERNATE WOODCHOPPERS 2 X 8 EACH SIDE
4. SUPERMAN'S (GET LONG) 2 X 16 REPS
5. HIP FLEXIBILITY (bottom)

CORE #3

1. BICYCLES 2 X 30 SECONDS
2. SIDE LAYING LEG RAISE(TOP & BOTTOM) 2 X 10 EACH(p.34)
3. BACK (CHEST UP) BRIDGE 2 X 30 SECONDS
4. SEAL THROWS (W/ MEDBALL) 2 X 12 REPS
5. HIP FLEXIBILITY (bottom)

CORE #4

1. WEIGHTED CRUNCHES 2 X 15 REPS
2. PARTNER LEG TOSS 2 X 20 REPS
3. WEIGHTED BACK HYPERS 2 X 12 REPS
4. SCOOPS OFF A BENCH 2 X 12 REPS
5. HIP FLEXIBILITY (bottom)

ALWAYS END WITH THIS QUICK STRETCH

1. FIGURE 4 HIP STRETCH
2. INDIAN STYLE HIP STRETCH
3. SCORPIANS (On stomach, right foot to left hand & Rotate)
4. REVERSE SCORPIANS(On back, rt foot to left hand & Rotate)

5. STRETCH HAMS, QUADS, GROINS, HIP FLEXORS

Ab Ripper X

Reps

1. In & Outs (can raise hands) 25
2. Bicycles (can raise hands) 25
3. Reverse Bicycles (can raise hands) 25
4. Crunchy Frogs (arms wide then come around knees) 25
5. Cross Leg/Wide Leg Sit-Ups (reach up & over) 25
6. Fifer Scissors (switch on the # only) 25
7. Hip Rock & Raise (knees wide) 25
8. Pulse-Ups or Heals to Heaven 25
9. V-Up/Roll-Up Combo 25
10. Oblique V-Ups (do both sides) 25
11. Leg Climbs (12 per side then switch) 12 each
12. Mason Twists (40 - over & back is 1) 40+

Cool Down & Stretch

Conditioning Exercises

- 1. LONG 300 YARD SHUTTLE** – Run down the length of the field (100 yards) then back, then down one more time (3 lengths total) for 300 yards.
- 2. SHORT 150 YARD SHUTTLE** – Run 25 yards then back to the start (50 yards so far). Do this 3 times to make 150 yards total.
- 3. SHORT 300 YARD SHUTTLE** – Run 25 yards then back to the start (50 yards so far). Do this 6 times to make 300 yards total.
- 4. 1,000 YARD SHUTTLE** – Run down the length of the field (100 yards) then back; make 5 round trips total down the field and back (1,000 yards total).
- 5. FULL GASSERS** – Start on the sideline. Run across the field to the other sideline and then back. Do this twice (2 round trips = 4 widths of the field) for one gasser. **HALF GASSERS** – Run to opposite sideline and back.
- 6. SIDELINE LADDER** – These are like basketball “suicides.” Start on the sideline and run to the first hash and back. Turn and run to the far hash and back. Turn and run to the far sideline and back.
- 7. HASH AND BACK** – Like a gasser, but you run from sideline to near hash and back 5 times (= 1 rep) before resting.
- 8. SWIMMING POOL WORKOUT** – The main thing is to stay active for 20 minutes in the pool. Do as many things as you can think of to stay active: high knees, carioca, power skips, backpedal, run, shuffle, 2 foot jumps, swim, etc.
- 9. SPRINT-STRIDE-SPRINT** – Begin with a sprint for the given distance, then stride for the given distance, finishing with another sprint for the given distance. For instance, a 20-15-25 yard sprint-stride-sprint would start with a 20 yard sprint turning into a 15 yard stride and ending with another 25 yard sprint

