

## **Week 1 - Day 1**

**Dynamic Warm-Up** – *perform each movement over 10 yards*

- Walking toe touch
- Knee grab into lunge
- Leg cradles
- Reverse heel up into reverse lunge and rotate
- Over the fence, under the fence
- Dead lift walk
- Spiderman

**Dynamic Warm-up** – *Medicine ball – perform 10 reps of each movement*

- Up and outs
- Wood chops
- Rotations

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**Note:** Almost all exercise sets will consist of 15 reps – in the early stages of the program a higher rep scheme is used to build muscle endurance.

**1) Dynamic Stabilization** - *this will prep you for future plyometric training*

- a. Single leg linear hop
- b. Single leg lateral hop

**2) Core Training** - *the foundation of a safe and effective exercise program. Perform two sets of each at 15 reps.*

- a. *Perform the following two exercises back to back*
  - i. Glute bridge with 5 second holds
  - ii. Box step up
- b. *Perform the following two exercises back to back*
  - i. Prone iso ab (plank) 15 reps with pause at top
  - ii. Standing resistance band pull
- c. *Perform the following two exercises back to back*
  - i. Scapula letters
  - ii. Resistance band or cable retractions

### **3) Push and Pull**

- a. *Perform the following two exercises back to back*
  - i. Standing cable or resistance band press – 15 reps
  - ii. Push ups (10-15 reps) - If you cannot do a regular push up you can do:
    - 1. modified –from the knees.
    - 2. You can also put your legs on a swiss ball and hands on the floor to perform this push up. For beginners, the more of your leg on the ball the easier it is and this will help you do a full range push up.
- b. *Perform the following two exercises back to back*
  - i. Standing cable or resistance band pull – 15 reps
  - ii. Pull ups (5-10 reps) – if you cannot do regular pull ups you can do:
    - 1. Assisted pull ups using a gravitron or assisted chin and dip machine at your gym.
    - 2. Lying on the floor under a bar and doing a horizontal pull up
    - 3. Wrap a resistance band around a pull up bar and putting one of your knees in it to assist you elastically on the pull up.
- c. Perform two minutes of jumping rope or jumping jacks.
- d. Repeat a & b above and the rope jumping or jumping jacks so that you perform a total of two sets.

### **4) Push and Pull – Second set**

- a. *Perform the following two exercises back to back*
  - i. Dumbbell chest press – 15 reps
  - ii. Single leg tricep push downs (15 reps) - cable or resistance band
- b. Perform the following two exercises back to back
  - i. Seated cable row (15 reps)
  - ii. Single leg alternating dumbbell bicep curl (15 reps)
- c. Follow these two back to back exercises with two minutes of treadmill, elliptical or stationary bike at a fairly hard level (if you do not have access to these machines you can jog, run in place or run up and down a staircase at a fairly hard level. When running in place try to use high knees.
- d. Repeat a & b and the two minute cardio sequence so that you perform a total of two sets

**5) Push and Pull – Third set**

- a. Perform all the push exercises in a row followed by two minutes of jumping rope or jumping jacks.
  - i. Standing cable or resistance band press – 15 reps
  - ii. Dumbbell chest press – 15 reps
  - iii. Tricep push downs (15 reps)
  - iv. 2 minutes rope or jumping jacks
- b. Perform all the pull exercises in a row followed by two minutes of a cardio machine or the running as mentioned above.
  - i. Standing cable or resistance band pull – 15 reps
  - ii. Seated cable row (15 reps)
  - iii. Alternating dumbbell bicep curl (15 reps)
  - iv. 2 minutes cardio

**6) Static Stretches – these stretches will be held for 20-30 seconds.**

- Catchers stretch
- Glute stretch
- Hamstring stretch
- Hip flexor and quad stretch
- Calf stretch