



BODYWEIGHT PROGRAM

WK1-8

Bodyweight workouts can have a major impact on a athletes strength and stamina without the addition of weights. The subsequent workouts will serve as education on how to perform some basic movements and examine several ways to include some beneficial and fun exercises into athletes's lives to help them develop strength, endurance, body control, core stability, coordination, and much more.

The following workouts are designed to start with basic movements and progress to more advanced movements – but only once we have mastered the movement patterns. Our main movement patterns we want to achieve as the squat, RDL, lunge, push up, and pull up. These movements are the foundation all most all athletic movements. They require strength, stability, mobility, coordination, and balance. Once these movement are mastered we will start to progress with some external resistance (MedBalls) and speed of movement (jumps). Being able to move in these positions first is vital. Once we can get in the correct positions and stabilize there, then we can start adding resistance in appropriate loads. If we can't support the correct positions then we're just adding load to dysfunction... a recipe for disaster and injury.

Let's look at the exercises and make sure we're doing them correctly. As always, let us know if you have any questions!

Thank you for trusting ONEighty Athletics!

Train Hard,

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WORKOUT INSTRUCTIONS

This program is a 4 day a week program. I recommend implementing the program

MONDAY: **DAY 1**, TUESDAY: **DAY 2**, W: **OFF**, THURSDAY: **DAY 3**, FRIDAY: **DAY 4**

If you do NOT have a piece of equipment, skip that portion and move on to the next segment.

Be sure to do the warm up each day before beginning the workout. This is vital and should NOT be skipped.

Equipment needed:

Tennis Ball (Any ball that bounces)

Medball (use any weighted object to mimic the movement. 10 LB plate or filled book bag)

Jump Rope (FAKE IT! you do not need a jump rope, mimic the movement as if you had one)

Pull Up Bar (a board / edge in the garage, just be smart and make sure it supports your weight)

Box/Elevated Platform for Box Jump (any stairs or chair)

Once the warm up is done move on to the hand eye coordination portion of the workout. This is not only good for the obvious reasons when we're talking athletics but the cognitive processes involved in concentrating is great to "warm up" the brain and essentially "wake up" the Central Nervous System.

[Hand Eye Coordination Playlist](#)

Moving on to the Jump Rope portion of the workout we want to work on coordination and rhythm of the body. This is something every athlete needs. This is a great way to provide some coordination and rhythm between the upper body and the lower body, but also a very low impact plyometric activity. There is a lot of "bang for your buck" with regards to jumping rope at this age.

[Jump Rope Playlist](#)

When choosing a MedBall weight, we tend to err on the lighter side. Each athlete is at different stages of development so it's hard to give an absolute weight. I would start with nothing lower than a 6-pound MB and nothing higher than a 20-pound MB. Perform each rep

with the highest great speed and intensity but as always be cognizant of technique and form. Take 1-2 minutes between each set to recover fully and maximize power.

[Medball Playlist](#)

Continue maximum speed during the Sprint section. Each sprint should be performed maximally with 1-2 minutes (or more) of recovery between sets. You should not be out of breath when performing a rep.

[Speed and Jumps How To Playlist](#)

Each exercise in the Exercise Section should be done with extreme attention to detail and technique. Be stubborn in performing the exercises correctly. Each exercise is built to establish functional movement in basic human movement and athletic development. As discussed above, we're training MOVEMENTS, not muscles or maxes. Being good at the movement and having the strength and stability to maintain the movements is imperative. Do not sacrifice doing these correctly.

[Workout Training Program](#)

Finishing up with ABS... your "core", contrary to popular belief, is a transferor of force, not a producer of force. You will find we do A LOT of stability type exercises. We do this for a reason... We want to be a strong, stable core FIRST. Being able to hold a Plank, eventually a weighted Plank, is vital to the developmental process of any athlete. We continue to do planks with all of our high school, college, and professional athletes because it is that important and often neglected. Continue to attack the stability, anti-extension, and anti-rotational exercises we have planned for the athlete. These exercises will save backs in the future... I promise!

[Core Stability Playlist](#)

Finish it off with the stretches we have laid out here...

[Full Body Stretching Routine](#)

- Forearm Stretches
- Pec Stretch
- Wall Lat Stretch
- 3-Level Crossbody Stretch
- Side Lying Snow Angel
- Calf Stretch
- 3-Way Band Hamstring Stretches
- Kneeling Hip Flexor/Quad Stretch
- Frog Stretch
- Upper Body Clam Shells



WARM UPS

We provide you a wide variety of warm up options. Pick 1 that fits your time and space best. Some athletes have access to a field, court, or garage where moving works. If you do NOT have space, implement our stationary warm up.

THE FOLLOWING WARM-UP WILL PREPARE YOUR BODY TO TRAIN AT THE HIGHEST LEVEL.

PRIOR TO ALL EXERCISE SESSIONS WHETHER IT IS STRENGTH TRAINING, CONDITIONING, SPEED TRAINING, OR AGILITIES, A COMPLETE WARM-UP AND FLEXIBILITY SESSION MUST BE COMPLETED. A PROPER WARM-UP WILL:

- 1. PREPARE THE MAJOR JOINTS FOR STRENUOUS ACTIVITY THROUGH ALL RANGES OF MOTION**
- 2. INCREASE THE BODY'S INTERNAL BODY TEMPERATURE PRIOR TO TRAINING**
- 3. PROTECT AGAINST INJURY BY IMPROVING THE RANGE OF MOTION WITHIN THE MUSCLES AND THE JOINTS**
- 4. IS SPECIFIC TO THE WORKOUT OR SPORT YOU ARE PREPARING TO DO**
- 5. MENTALLY PREPARE AN ATHLETE FOR THE TRAINING THAT IS ABOUT TO BE DONE**
- 6. PRE-HEAT THE MUSCLES SO THAT YOU CAN OBTAIN MAXIMUM BENEFITS FROM THE PRE-WORKOUT STRETCH**
- 7. INCREASES BLOOD FLOW. INCREASE IN OXYGEN SUPPLY**
- 8. STIMULATE THE CENTRAL NERVOUS SYSTEM**
- 9. REDUCES THE TIME OF MOTOR REACTIONS**
- 10. IMPROVES COORDINATION WHICH IMPROVES MOTOR PERFORMANCE**

BEFORE STARTING YOUR STRENGTH-TRAINING WORKOUT, RUNNING WORKOUT OR GAME, COMPLETE THE FOLLOWING WARM-UP EXERCISES.

THIS WARM-UP INVOLVES FLEXIBILITY EXERCISES WHILE DOING SPORT SPECIFIC MOVEMENTS. THE MOVEMENTS USED ARE SPECIFIC TO THE SPORT AND THE WORKOUT PROGRAM.

[VIDEO OF GAME READY WARM UP](#)

VIDEO OF GAME READY WARM UP

1. GENERAL WARM UP

JUMPING JACKS	X10
SQUAT & HOLD	X10

2. DYNAMIC WARM UP

A. KNEE HUG TO LUNGE	10 X10
B. WALKING HAMSTRING	10 X10
C. OPPOSITE QUAD	10 X10
D. INCHWORM PUSHUP	10 X10

3. SPEED DYNAMICS

A. A-WALK	10 X10
B. A-MARCH	10 X10
C. HIGH KNEES	5 X15
D. HIGH KNEES ON COMMAND	5 X15

4. STATIC STRETCH

A. FEET TOGETHER HAMSTRING	X10SECS
B. SPREAD YOUR LEGS APART	
MIDDLE	X10SECS
RIGHT	X10SECS
LEFT	X10SECS
C. KNEE DOWN LUNGE POSITION STRETCH	
RIGHT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS
LEFT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS

5. FEET QUICKS

A. SIDE TO SIDE (2 FT)	X10SECS
B. FRONT TO BACK (2 FT)	X10SECS
C. SINGLE LEG SIDE TO SIDE	X10SECS, 5EA
D. SINGLE LEG FRONT TO BACK	X10SECS, 5EA

6. LATERAL ACCELERATION (PUSH TO MOVE)

A. SLOW SHUFFLE FACING RIGHT	10 X10
B. SLOW SHUFFLE FACING LEFT	10 X10
C. QUICK SHUFFLE FACING RIGHT	10 X10
D. QUICK SHUFFLE FACING LEFT	10 X10
E. WHISTLE REACTION SHUFFLE RIGHT	10 X10
F. WHISTLE REACTION SHUFFLE LEFT	10 X10

7. LINEAR SPEED

A. RIGHT LEG FORWARD	10 X10
B. LEFT LEG FORWARD	10 X10
C. SEATED RIGHT TURN	10 X10
D. SEATED LEFT TURN	10 X10

2.) Stationary Warm Up (5 min):

Perfect for a game or training session in which you don't have gym space.

1. Knee Hug to Lunge x5 Each Leg
2. Hamstring Toe Touch x5 Each Leg
3. Hamstring Kicks x5 Each Leg (Do stationary not walking)
4. Knee Hold x10 Sec Each Leg
5. Foot Hold x10 Sec Each Leg
6. Opposite Quad Hold x 10 Sec Each Leg
7. Single Leg Squats x5 Each Leg
8. Angles in the Snow x5 Each Leg
9. Double Leg Hip Bridge x5 (Hold 3 seconds at the top)
10. Bootstrap x5

3.) Dynamic Warm Up Option A (5 min)

Get your athletes performing at the Highest Level in the quickest time possible!

(I use 20 yards | athlete performs the exercise for 10 then sprints the other 10)

1. Knee Hug to Lunge
2. High Knees
3. Backward Lunge (right turn)
4. Butt Kicks
5. Walking Hamstring Stretch
6. Lateral Power Step (right turn)
7. Hamstring Toe Touches
8. Lateral Power Step (Left Turn)
9. Front to Back Quicks then 20 yard burst
10. Side to Side Quicks then 20 yard burst

4.) Dynamic Warm Up Option B (5 min)

(I use 20 yards | athlete performs the exercise for 10 then sprints the other 10 plus jogs back to the start.)

1. Knee Hug to Lunge
2. High Knees
3. Lateral Power Step (right turn)
4. Lateral Power Step (Left Turn)
5. Walking Hamstring Stretch
6. Butt Kicks
7. Push Up Starts
8. On Butt Get Ups (Right Turn)
9. Sprint to Buzz Feet-Up Down

10. Sprint to Buzz Feet-Up Down

WEEK 1

DAY 1				
<u>WARM UP</u>	WEEK 1			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	10EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	2	x	6EA	
MB SLAM	2	x	10	
JAMS	2	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	2	x	5	
BODYWEIGHT LUNGE	2	x	10EA	
GLUTE BRIDGE	2	x	15	
INVERTED ROW	2	x	8	
PUSH UP	2	x	10	
MB RDL	2	x	15	
FINISHER				
BODYWEIGHT FINISHER	1	x	10	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:30s	
PUSH UP CHEST TOUCH	3	x	8EA	

DAY 2				
<u>WARM UP</u>	WEEK 1			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:30	
Mt. Climbers	2	x	:30	
Push-Up Chest Touch	2	x	:30	
Lateral Lunge	2	x	:30	
Plank	2	x	:30	
Iso Hold w/ T-Spine	2	x	:30	
Bear Hold	2	x	:30	
Push-Ups	2	x	:30	
Lunge Jumps	2	x	:30	
Bodyweight Abs	2	x	:30	
Bodyweight Lunge	2	x	:30	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 1

DAY 3				
<u>WARM UP</u>	WEEK 1			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:20S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	2	x	10	
HALF KNEELING MB SIDE TOSS	2	x	5EA	
KNEELING LATERAL PUSH TOSS	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	2	x	5	
BODYWEIGHT SQUAT	2	x	15	
DOUBLE LEG ASSISTED PULL UP	2	x	10	
PUSH UP	2	x	8	
LATERAL LUNGE	2	x	10EA	
SUMO T-SPINE	2	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:10s EA	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:20s EA	
1 HAND PLANK	3	x	:10s EA	

DAY 4				
WARM UP		WEEK 1		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:30	
Scap Push-Up	2	x	:30	
Squat Jumps	2	x	:30	
Glute Bridge Hip Pivot (R)	2	x	:30	
Glute Bridge Hip Pivot (L)	2	x	:30	
Twisters Jump Rope	2	x	:30	
T-Pushups	2	x	:30	
Lateral Lunge	2	x	:30	
Side Plank (L/R)	2	x	:30	
Side Plank (L/R)	2	x	:30	
Hand Walks	2	x	:30	
Lateral Hurdle Hops	2	x	:30	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 2

DAY 1				
<u>WARM UP</u>	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	20EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	3	x	6EA	
MB SLAM	3	x	10	
JAMS	3	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	3	x	5	
BODYWEIGHT LUNGE	3	x	10EA	
GLUTE BRIDGE	3	x	15	
INVERTED ROW	3	x	8	
PUSH UP	3	x	10	
MB RDL	3	x	15	
FINISHER				
BODYWEIGHT FINISHER	2	x	10	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:45s	
PUSH UP CHEST TOUCH	3	x	10EA	

DAY 2				
<u>WARM UP</u>	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:40	
Mt. Climbers	2	x	:40	
Push-Up Chest Touch	2	x	:40	
Lateral Lunge	2	x	:40	
Plank	2	x	:40	
Iso Hold w/ T-Spine	2	x	:40	
Bear Hold	2	x	:40	
Push-Ups	2	x	:40	
Lunge Jumps	2	x	:40	
Bodyweight Abs	2	x	:40	
Bodyweight Lunge	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 2

DAY 3				
<u>WARM UP</u>	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:25S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	3	x	10	
HALF KNEELING MB SIDE TOSS	3	x	5EA	
KNEELING LATERAL PUSH TOSS	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	3	x	5	
BODYWEIGHT SQUAT	3	x	15	
DOUBLE LEG ASSISTED PULL UP	3	x	10	
PUSH UP	3	x	8	
LATERAL LUNGE	3	x	10EA	
SUMO T-SPINE	3	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:30s EA	
1 HAND PLANK	3	x	:20s EA	

DAY 4				
WARM UP		WEEK 2		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:40	
Scap Push-Up	2	x	:40	
Squat Jumps	2	x	:40	
Glute Bridge Hip Pivot (R)	2	x	:40	
Glute Bridge Hip Pivot (L)	2	x	:40	
Twisters Jump Rope	2	x	:40	
T-Pushups	2	x	:40	
Lateral Lunge	2	x	:40	
Side Plank (L/R)	2	x	:40	
Side Plank (L/R)	2	x	:40	
Hand Walks	2	x	:40	
Lateral Hurdle Hops	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3

DAY 1				
<u>WARM UP</u>	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				
BODYWEIGHT FINISHER	1	x	20	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 3			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:50	
Mt. Climbers	2	x	:50	
Push-Up Chest Touch	2	x	:50	
Lateral Lunge	2	x	:50	
Plank	2	x	:50	
Iso Hold w/ T-Spine	2	x	:50	
Bear Hold	2	x	:50	
Push-Ups	2	x	:50	
Lunge Jumps	2	x	:50	
Bodyweight Abs	2	x	:50	
Bodyweight Lunge	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3

DAY 3				
<u>WARM UP</u>	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<u>DOUBLE HANDED DRIBBLE</u>	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
<u>SIDE TO SIDE, FRONT TO BACK</u>	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
<u>MB CHEST PASS</u>	4	x	10	
<u>HALF KNEELING MB SIDE TOSS</u>	4	x	5EA	
<u>KNEELING LATERAL PUSH TOSS</u>	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<u>BROAD JUMP OVER CONE</u>	4	x	5	
<u>BODYWEIGHT SQUAT</u>	4	x	15	
<u>DOUBLE LEG ASSISTED PULL UP</u>	4	x	10	
<u>PUSH UP</u>	4	x	8	
<u>LATERAL LUNGE</u>	4	x	10EA	
<u>SUMO T-SPINE</u>	4	x	6EA	
FINISHER				
<u>LOWER BODY FINISHER</u>	1	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
<u>SIDE PLANK</u>	3	x	:40s EA	
<u>1 HAND PLANK</u>	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 3		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:50	
Scap Push-Up	2	x	:50	
Squat Jumps	2	x	:50	
Glute Bridge Hip Pivot (R)	2	x	:50	
Glute Bridge Hip Pivot (L)	2	x	:50	
Twisters Jump Rope	2	x	:50	
T-Pushups	2	x	:50	
Lateral Lunge	2	x	:50	
Side Plank (L/R)	2	x	:50	
Side Plank (L/R)	2	x	:50	
Hand Walks	2	x	:50	
Lateral Hurdle Hops	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4

DAY 1				
<u>WARM UP</u>	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:60S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				
BODYWEIGHT FINISHER	2	x	20	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 4			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:60	
Mt. Climbers	2	x	:60	
Push-Up Chest Touch	2	x	:60	
Lateral Lunge	2	x	:60	
Plank	2	x	:60	
Iso Hold w/ T-Spine	2	x	:60	
Bear Hold	2	x	:60	
Push-Ups	2	x	:60	
Lunge Jumps	2	x	:60	
Bodyweight Abs	2	x	:60	
Bodyweight Lunge	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4

DAY 3				
<u>WARM UP</u>	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	10	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				
LOWER BODY FINISHER	1	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 4		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:60	
Scap Push-Up	2	x	:60	
Squat Jumps	2	x	:60	
Glute Bridge Hip Pivot (R)	2	x	:60	
Glute Bridge Hip Pivot (L)	2	x	:60	
Twisters Jump Rope	2	x	:60	
T-Pushups	2	x	:60	
Lateral Lunge	2	x	:60	
Side Plank (L/R)	2	x	:60	
Side Plank (L/R)	2	x	:60	
Hand Walks	2	x	:60	
Lateral Hurdle Hops	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 5

DAY1				
<u>WARM UP</u>	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	2	x	6EA	
SHOT PUT	2	x	6EA	
ALTERNATING MB SLAM	2	x	10EA	
CHEST PASS SHUFFLE	2	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	2	x	5	
MB LUNGE	2	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	2	x	5EA	
FEET ELEVATED INVERTED ROW	2	x	8	
FEET ELEVATED PUSH UP	2	x	10	
SINGLE LEG MB RDL	2	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	1	x	30	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:30s	
STIR THE POT (MB)	3	x	8EA	

DAY 2				
<u>WARM UP</u>	WEEK 5			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:30	
Mt. Climbers	3	x	:30	
Push-Up Chest Touch	3	x	:30	
Lateral Lunge	3	x	:30	
Plank	3	x	:30	
Iso Hold w/ T-Spine	3	x	:30	
Bear Hold	3	x	:30	
Push-Ups	3	x	:30	
Lunge Jumps	3	x	:30	
Bodyweight Abs	3	x	:30	
Bodyweight Lunge	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 5

DAY 3				
<u>WARM UP</u>	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:20S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	2	x	5EA	
MB SIDE TOSS (SIDE)	2	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	2	x	6EA	
FIGURE 8	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	2	x	5	
MB SQUAT	2	x	15	
SPEED SKATER (SINGLE RESPONSE)	2	x	6EA	
SINGLE LEG ASSISTED PULL UP	2	x	4EA	
FEET ELEVATED PUSH UP	2	x	8	
KNEELING T-SPINE	2	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:20s EA	
MB SIDE PLANK	3	x	:20s EA	

DAY 4				
WARM UP		WEEK 5		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:30	
Scap Push-Up	3	x	:30	
Squat Jumps	3	x	:30	
Glute Bridge Hip Pivot (R)	3	x	:30	
Glute Bridge Hip Pivot (L)	3	x	:30	
Twisters Jump Rope	3	x	:30	
T-Pushups	3	x	:30	
Lateral Lunge	3	x	:30	
Side Plank (L/R)	3	x	:30	
Side Plank (L/R)	3	x	:30	
Hand Walks	3	x	:30	
Lateral Hurdle Hops	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6

DAY1				
<u>WARM UP</u>	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	3	x	6EA	
SHOT PUT	3	x	6EA	
ALTERNATING MB SLAM	3	x	10EA	
CHEST PASS SHUFFLE	3	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	3	x	5	
MB LUNGE	3	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	3	x	5EA	
FEET ELEVATED INVERTED ROW	3	x	8	
FEET ELEVATED PUSH UP	3	x	10	
SINGLE LEG MB RDL	3	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	2	x	30	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:45s	
STIR THE POT (MB)	3	x	10EA	

DAY 2				
<u>WARM UP</u>	WEEK 6			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:40	
Mt. Climbers	3	x	:40	
Push-Up Chest Touch	3	x	:40	
Lateral Lunge	3	x	:40	
Plank	3	x	:40	
Iso Hold w/ T-Spine	3	x	:40	
Bear Hold	3	x	:40	
Push-Ups	3	x	:40	
Lunge Jumps	3	x	:40	
Bodyweight Abs	3	x	:40	
Bodyweight Lunge	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6

DAY 3				
<u>WARM UP</u>	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:30S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	3	x	5EA	
MB SIDE TOSS (SIDE)	3	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	3	x	6EA	
FIGURE 8	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	3	x	5	
MB SQUAT	3	x	15	
SPEED SKATER (SINGLE RESPONSE)	3	x	6EA	
SINGLE LEG ASSISTED PULL UP	3	x	4EA	
FEET ELEVATED PUSH UP	3	x	8	
KNEELING T-SPINE	3	x	6EA	
FINISHER				
LOWER BODY FINISHER	2	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:30s EA	
MB SIDE PLANK	3	x	:30s EA	

DAY 4				
WARM UP		WEEK 6		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:40	
Scap Push-Up	3	x	:40	
Squat Jumps	3	x	:40	
Glute Bridge Hip Pivot (R)	3	x	:40	
Glute Bridge Hip Pivot (L)	3	x	:40	
Twisters Jump Rope	3	x	:40	
T-Pushups	3	x	:40	
Lateral Lunge	3	x	:40	
Side Plank (L/R)	3	x	:40	
Side Plank (L/R)	3	x	:40	
Hand Walks	3	x	:40	
Lateral Hurdle Hops	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7

DAY1				
<u>WARM UP</u>	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	1	x	40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 7			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:50	
Mt. Climbers	3	x	:50	
Push-Up Chest Touch	3	x	:50	
Lateral Lunge	3	x	:50	
Plank	3	x	:50	
Iso Hold w/ T-Spine	3	x	:50	
Bear Hold	3	x	:50	
Push-Ups	3	x	:50	
Lunge Jumps	3	x	:50	
Bodyweight Abs	3	x	:50	
Bodyweight Lunge	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7

DAY 3				
<u>WARM UP</u>	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<u>2 HAND CROSSOVER DRIBBLE</u>	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
<u>ALTERNATING BOXER</u>	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
<u>ALTERNATING HALF KNEELING MB SIDE TOSS</u>	4	x	5EA	
<u>MB SIDE TOSS (SIDE)</u>	4	x	6EA	
<u>FRONT FACING ALTERNATING MB SIDE TOSS</u>	4	x	6EA	
<u>FIGURE 8</u>	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<u>BROAD JUMP (SINGLE RESPONSE)</u>	4	x	5	
<u>MB SQUAT</u>	4	x	15	
<u>SPEED SKATER (SINGLE RESPONSE)</u>	4	x	6EA	
<u>SINGLE LEG ASSISTED PULL UP</u>	4	x	4EA	
<u>FEET ELEVATED PUSH UP</u>	4	x	8	
<u>KNEELING T-SPINE</u>	4	x	6EA	
FINISHER				
<u>LOWER BODY FINISHER</u>	2	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
<u>MB PLANK (FEET ON BALL)</u>	3	x	:40s EA	
<u>MB SIDE PLANK</u>	3	x	:40s EA	

DAY 4				
WARM UP		WEEK 7		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:50	
Scap Push-Up	3	x	:50	
Squat Jumps	3	x	:50	
Glute Bridge Hip Pivot (R)	3	x	:50	
Glute Bridge Hip Pivot (L)	3	x	:50	
Twisters Jump Rope	3	x	:50	
T-Pushups	3	x	:50	
Lateral Lunge	3	x	:50	
Side Plank (L/R)	3	x	:50	
Side Plank (L/R)	3	x	:50	
Hand Walks	3	x	:50	
Lateral Hurdle Hops	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 8

DAY 1				
<u>WARM UP</u>	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				
BODYWEIGHT FINISHER	2	x	40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
<u>WARM UP</u>	WEEK 8			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:60	
Mt. Climbers	3	x	:60	
Push-Up Chest Touch	3	x	:60	
Lateral Lunge	3	x	:60	
Plank	3	x	:60	
Iso Hold w/ T-Spine	3	x	:60	
Bear Hold	3	x	:60	
Push-Ups	3	x	:60	
Lunge Jumps	3	x	:60	
Bodyweight Abs	3	x	:60	
Bodyweight Lunge	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 8

DAY 3				
<u>WARM UP</u>	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<u>2 HAND CROSSOVER DRIBBLE</u>	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
<u>ALTERNATING BOXER</u>	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
<u>ALTERNATING HALF KNEELING MB SIDE TOSS</u>	4	x	5EA	
<u>MB SIDE TOSS (SIDE)</u>	4	x	6EA	
<u>FRONT FACING ALTERNATING MB SIDE TOSS</u>	4	x	6EA	
<u>FIGURE 8</u>	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<u>BROAD JUMP (SINGLE RESPONSE)</u>	4	x	5	
<u>MB SQUAT</u>	4	x	15	
<u>SPEED SKATER (SINGLE RESPONSE)</u>	4	x	6EA	
<u>SINGLE LEG ASSISTED PULL UP</u>	4	x	4EA	
<u>FEET ELEVATED PUSH UP</u>	4	x	8	
<u>KNEELING T-SPINE</u>	4	x	6EA	
FINISHER				
<u>LOWER BODY FINISHER</u>	2	x	:30s EA	
ABS	SETS	x	REPS	WEIGHT
<u>MB PLANK (FEET ON BALL)</u>	3	x	:40s EA	
<u>MB SIDE PLANK</u>	3	x	:40s EA	

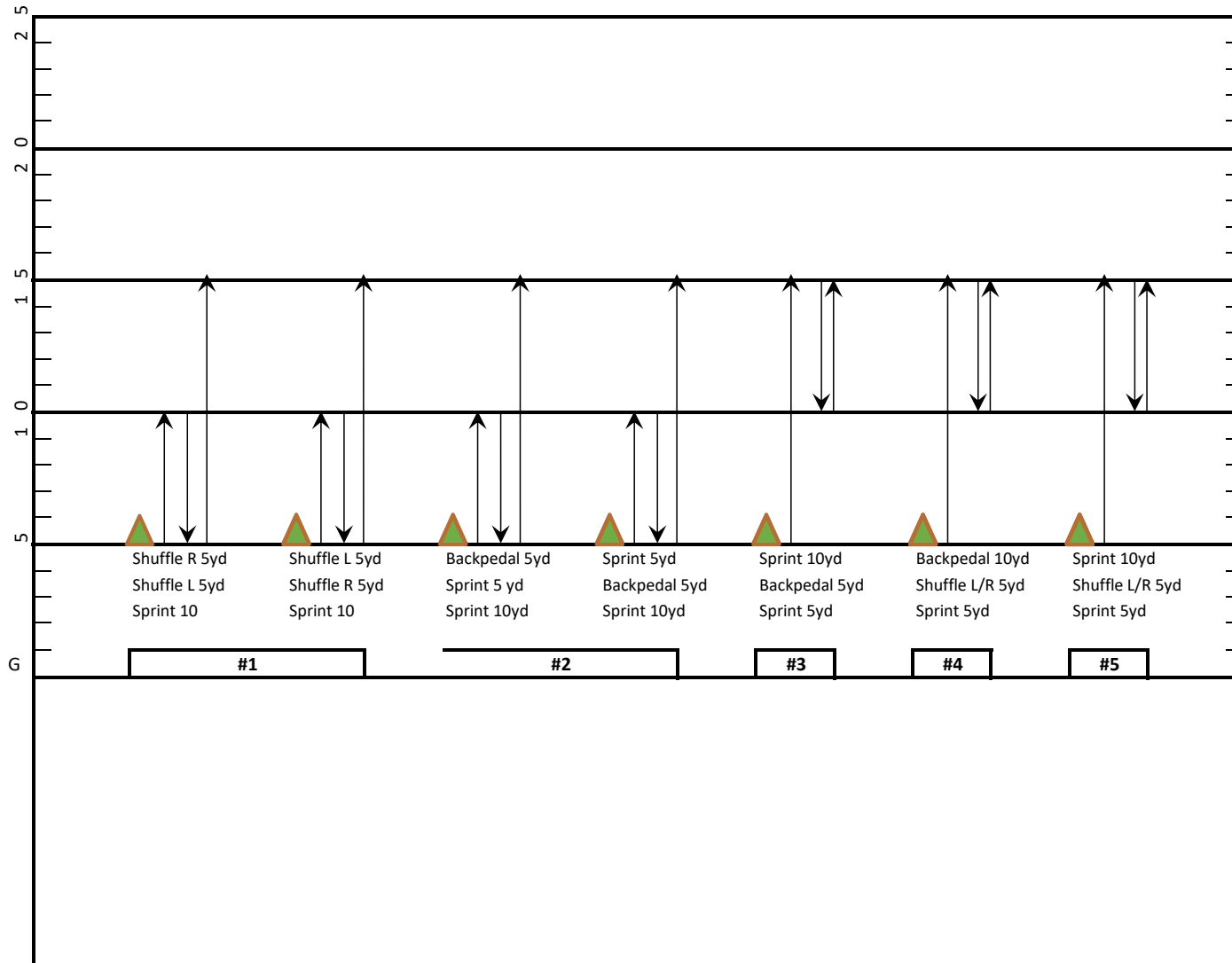
DAY 4				
WARM UP		WEEK 8		
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:60	
Scap Push-Up	3	x	:60	
Squat Jumps	3	x	:60	
Glute Bridge Hip Pivot (R)	3	x	:60	
Glute Bridge Hip Pivot (L)	3	x	:60	
Twisters Jump Rope	3	x	:60	
T-Pushups	3	x	:60	
Lateral Lunge	3	x	:60	
Side Plank (L/R)	3	x	:60	
Side Plank (L/R)	3	x	:60	
Hand Walks	3	x	:60	
Lateral Hurdle Hops	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

AGILITIES & CONDITIONING

WEEK 1-8

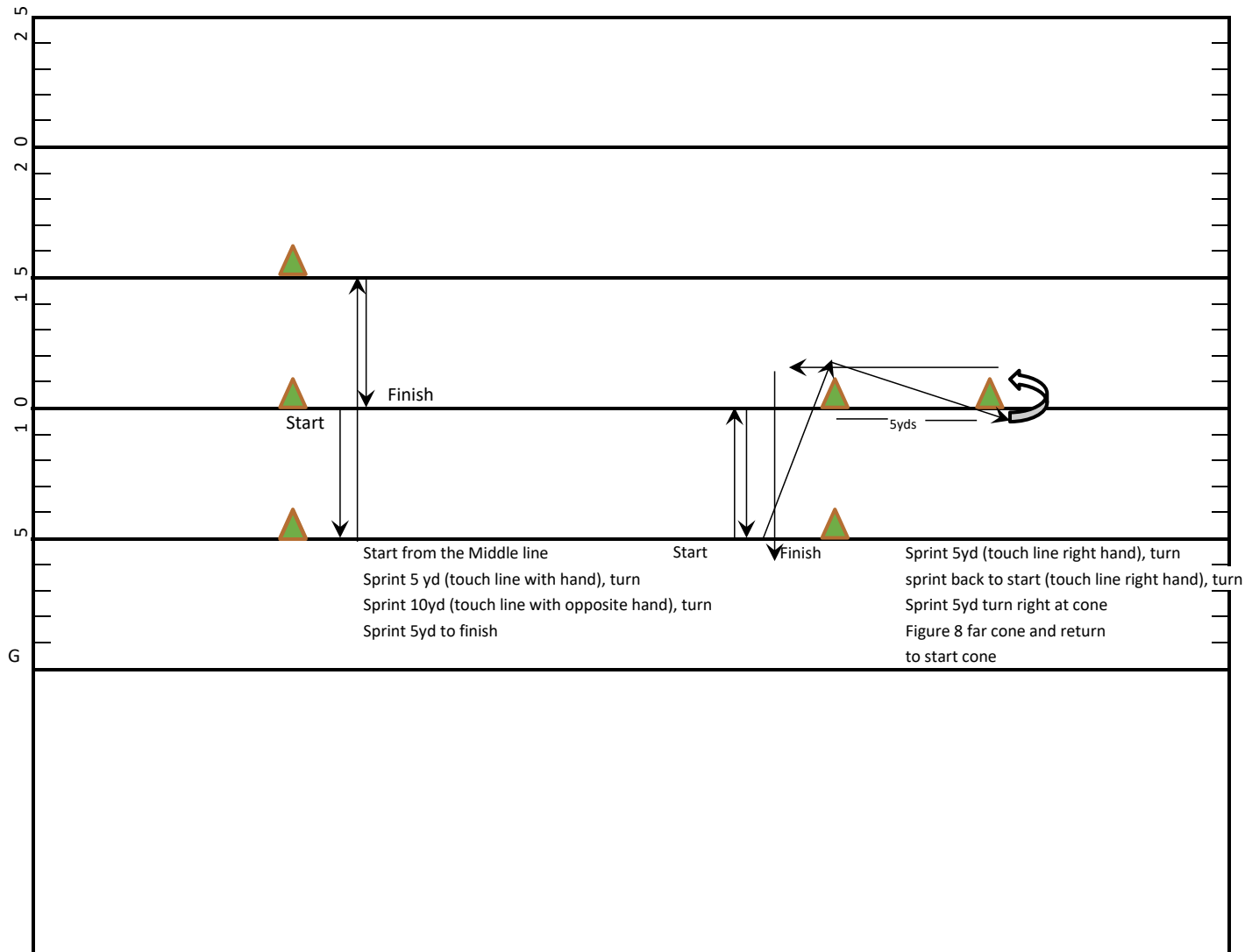
MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>1.) Warm Up</p> <p>2.) 2 Cone Agilites (2 reps each way) *SEE AGILITES</p> <p>a. Sprint-Sprint b. Sprint- Backpedal c. Backpedal-Sprint d. Figure 8</p> <p>3.) 5x10yd Sprint (Walk Back Rest) 1 Minute Rest between sets</p> <p>4.) **4x20yd Sprint (Walk Back Rest) 1 Minute Rest between sets</p> <p style="text-align: center;"><u>Target Times:</u> Full Speed</p> <p style="text-align: center;">**Add two reps every 3 weeks Week 1-3 - 4 reps Week 4-6 - 6 reps Week 7,8 - 8 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 6x200m <:30-:35 seconds 1:30 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> HARD - <:30-:35 MOD - <:35-:40 EASY - <:40-:45</p> <p style="text-align: center;">**Add 2 reps every 2 weeks Week 1-2 - 6 reps Week 3-4 - 8 reps Week 5-6 - 10 reps Week 7-8 - 12 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>	<p>1.) Warm Up</p> <p>2.) 5-5-10 x 2 each way Week 1-2-Pattern 1 Week 3-4 - Pattern 2 Week 5-6 - Pattern 3 Week 7-8 - Pattern 4</p> <p>3.) 5-10-5 Shuttle x 2 each way</p> <p>4.) 6-10x30yd Sprint Full Speed 1:00 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> Full Speed Full Speed Full Speed</p> <p style="text-align: center;">**Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 2 x 400m Sprint (1 Lap around Track) <:60 seconds 3 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u> HARD - <:60s MOD - <:65s EASY - <:70s</p> <p style="text-align: center;">**Add one rep every 3 weeks Week 1-3 - 3 reps Week 4-6 - 4 reps Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>

5-5-10 LINE DRILLS



5-10-5 AGILITY

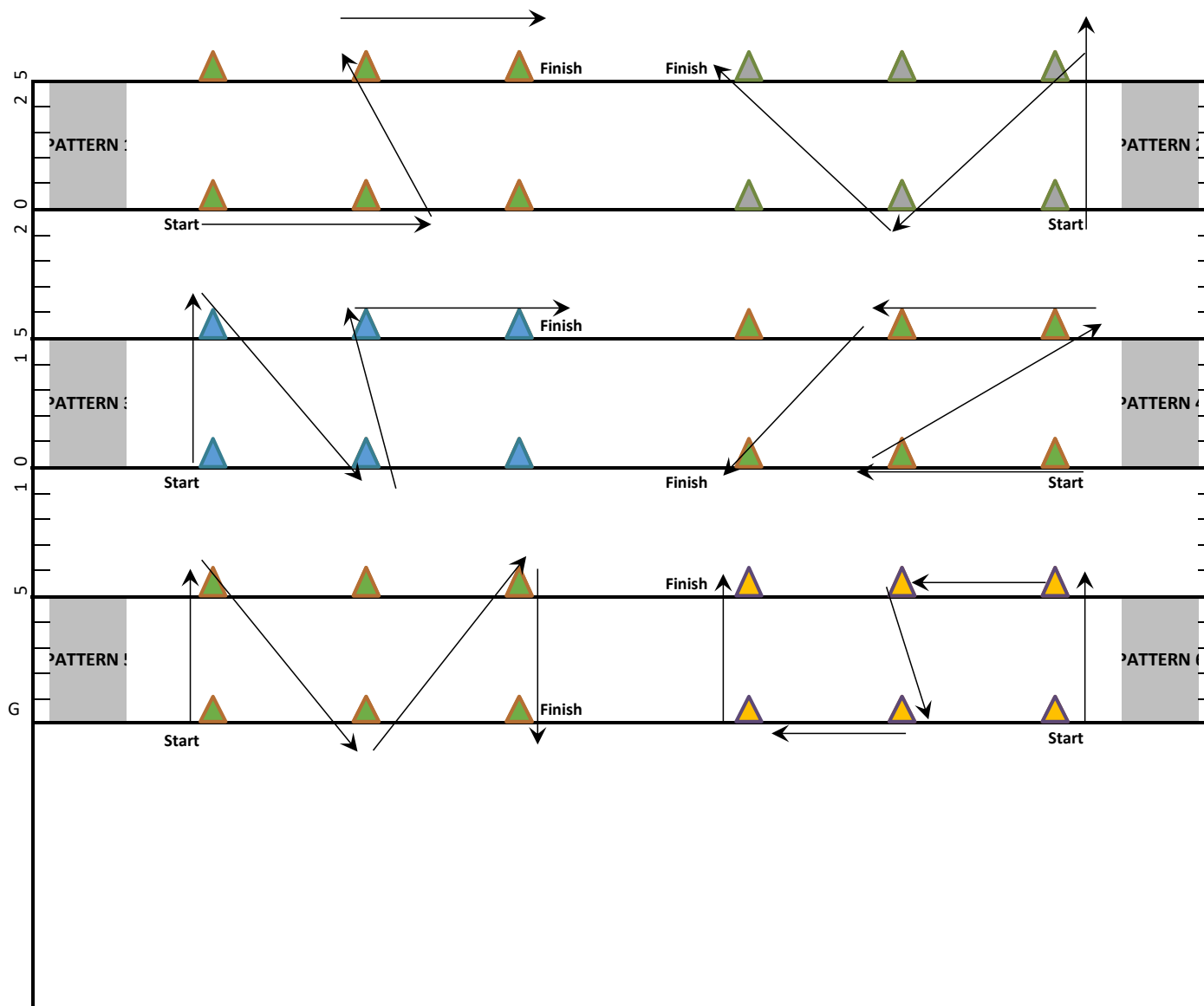
L-DRILL



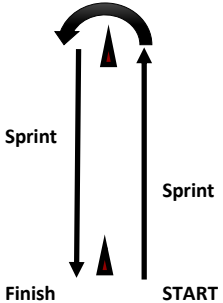
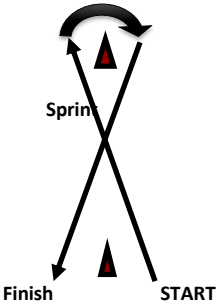
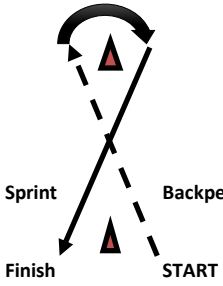
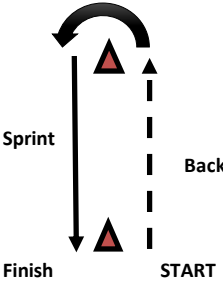
Start from the Middle line
 Sprint 5 yd (touch line with hand), turn
 Sprint 10yd (touch line with opposite hand), turn
 Sprint 5yd to finish

Start
 Finish
 Sprint 5yd (touch line right hand), turn
 sprint back to start (touch line right hand), turn
 Sprint 5yd turn right at cone
 Figure 8 far cone and return
 to start cone

6-CONE AGILITY DRILLS



2 Cone Agilities

<p style="text-align: center;">Sprint - Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>	<p style="text-align: center;">Figure 8: Sprint-Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>
<p style="text-align: center;">Figure 8: Backpedal - Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>	<p style="text-align: center;">Backpedal-Sprint</p>  <p style="text-align: center;">Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>