

Home Workout

Strength Training

Push-ups	3 x amp
Squat	3 x 12
Power Push-ups	3 x amp
Squat w/ exercise ball	3 x 12
Uneven Push-ups	3 x amp
Lunges	3 x 12
Lateral Lunges	3 x 10
Triceps Push-ups	3 x amp
Hip Lift	3 x 12

Conditioning

Football Feet: 3 x .30 seconds

Dumbbell Squat: 3 x 12

Lateral Hop and Toss: 3 x 15

Squat Bounce and Catch: 3 x 15

Switch Lunge 3 x 15

Nutcracker Curl: 3 x 15

Rolling Pushup: 3 x 6-10

****No more than .30 second rest between sets.

*****Perform each week on 3 non-consecutive days!**

Agility Ability – 20 minute workout

Football Feet: With knees slightly bent, straddle a step or bench at least 6 inches high. Bend your elbows to 90 degrees, palms facing each other. Allow your arms to swing freely, step onto the bench with your left foot then with you right. Then step down with your right foot, followed by your left. Continue as quickly as possible.

Dumbbell Squat Press: Standing with your feet hip-width apart, place a 10 to 15 pound dumbbell outside each foot. With arms at your sides, squat until your thighs are parallel to the floor. Grab each dumbbell and straighten your legs while pressing the dumbbells overhead. Squat again and place the dumbbells on the floor. That is one rep. (Instead of a dumbbell use a jug of milk/water/juice)

Lateral Hop and Toss: Balance a 5 to 10 pound medicine ball on your left palm and stand with your feet together and your knees slightly bent. Lift your right foot about an inch behind you. Hop to your right about 4 feet, tossing the ball across your body and catching it in your right hand as you land on your right foot. Repeat the move as quickly as possible. (instead of med ball use a volleyball)

Squat Bounce and Catch: Grab a 5 – 10 pound medicine ball with both hands and position your feet wider than shoulder-width apart. Hold the ball an inch in front of your chest and lower your hips until your thighs are parallel to the floor. Bounce the ball off the floor; as you catch it, jump as high as you can and push the ball straight overhead. Repeat the move as quickly as possible. (instead of med ball use a volleyball)

Switch Lunge: Lunge forward with your right thigh parallel to the floor. Swinging your arms for balance and momentum, jump up and switch legs, landing in a lunge with your left foot forward.

Nutcracker Curl: Grab a 5 to 10 pound medicine ball with both hands and stand with your legs wider than shoulder-width apart, toes turned out. Let the ball hang straight down in front of you. Lower your hips until your thighs are parallel to the floor. Explode back up. Using your momentum to propel you off the ground, and curl the medicine ball up to your chest. Land back in the squat position with arms straight down. Repeat. (instead of med ball use cans of veggies, fruit, soup, etc.)

Rolling Pushup: Get in pushup position with your left hand on top of a 5 to 10 pound medicine ball and your right hand on the floor. Lower your body until your chest is as close to the floor as possible. Press back up placing your weight on your right hand, roll the ball across to the right and then place your left hand on the floor and your right hand on top of the ball. Do another pushup then roll the ball back to the left. (instead of med ball use a volleyball)