

Name _____
Date _____

Strengthening, Injury Prevention, Muscle Conditioning

Tues of Day 1

Record Reps & Time Here

- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Complete
D1	High Knee Walk	50m	<input type="radio"/>
D2	High Knee Skip	50m	<input type="radio"/>
D3	High Knee Run	50m	<input type="radio"/>
D4	Rump Kicks	50m	<input type="radio"/>
D5	Straight Leg Skips	50m	<input type="radio"/>
D6	Straight Leg Deadlift Walks	25m	<input type="radio"/>
D7	Backward Run	25m	<input type="radio"/>
D8	Back Pedal	25m	<input type="radio"/>
D9	Inchworm	25m	<input type="radio"/>

Ref.#	Drill	Reps/Time	Complete
E1	Push Ups	1 set max reps	<input type="radio"/>
E2	Overhand Pull Up	1 set max reps	<input type="radio"/>
C1	Sit Ups	1 set max reps	<input type="radio"/>
E4	Military Push Up	1 set max reps	<input type="radio"/>
E5	Reverse Grip Chin Up	1 set max reps	<input type="radio"/>
E6	Push Up Bridge	Hold max time	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

E7	Wide Fly Push Ups	1 set max reps	<input type="radio"/>
F1	Mountain Climbers	1 set max reps	<input type="radio"/>
C2	Flutter Kicks	1 set max reps	<input type="radio"/>
E10	Feet Elevated Push Up	1 set max reps	<input type="radio"/>
E11	Rotational Push Up Position Reaches	1 set max reps	<input type="radio"/>
C3	Leg Push Outs	1 set max reps	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

C4	Mason Twist	1 set max reps	<input type="radio"/>
C5	Diagonal Weight Raise	1 set max reps	<input type="radio"/>
C6	Lying Trunk Twist	1 set max reps	<input type="radio"/>

* Finish w/1 set of static stretches
** Consume protein recovery drink w/in 30 min

Comments: _____

Strengthening, Injury Prevention, Muscle Conditioning

Thur of Day 3

Record Reps & Time Here

- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Complete
D10	High Knee Walk w/Rotation	10sec x 2 reps each leg	<input type="radio"/>
D11	Heel Up Rotate Internally	10sec x 2 reps each leg	<input type="radio"/>
D12	Walking Heel Up	10sec x 2 reps each leg	<input type="radio"/>
D13	Walking Heel Up w/Deadlift	10sec x 2 reps each leg	<input type="radio"/>
D14	Overhead Lunge Walk	25m	<input type="radio"/>
D15	Straight Leg Deadlift Walks	25m	<input type="radio"/>
D16	Backward Lunge w/Twist	25m	<input type="radio"/>
D17	Straight Leg Crossover	25m	<input type="radio"/>
D18	Backward Inchworm	25m	<input type="radio"/>

Ref.#	Drill	Reps/Time	Complete
E1	Push Ups	1 set max reps	<input type="radio"/>
E17	Dumbbell Curl	1 set max reps	<input type="radio"/>
C7	Alternating Situps	1 set max reps	<input type="radio"/>
E19	Triceps Kickback	1 set max reps	<input type="radio"/>
E20	Alternating Shoulder Dumbbell Press	1 set max reps	<input type="radio"/>
E21	Chair Dips	1 set max reps	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

E4	Military Push Up	1 set max reps	<input type="radio"/>
E23	Overhand Dumbbell Curl	1 set max reps	<input type="radio"/>
C8	Back Fly	1 set max reps	<input type="radio"/>
E25	Overhead Triceps Extension	1 set max reps	<input type="radio"/>
E26	Overhead Weight Raise/Swing	1 set max reps	<input type="radio"/>
E27	Dumbbell Upright Rows	1 set max reps	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

C9	Weighted Side Bends	1 set max reps	<input type="radio"/>
C10	Sit Up - V Ups	1 set max reps	<input type="radio"/>
E28	Prone Push Up Bridge	Hold max time	<input type="radio"/>

* Finish w/1 set of static stretches
** Consume protein recovery drink w/in 30 min

Comments: _____

Strengthening, Injury Prevention, Muscle Conditioning

Sat of Day 5

Record Reps & Time Here

- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Complete
D19	Light Stretch	2-3 min	<input type="radio"/>
D20	Jumping Jacks	1 min	<input type="radio"/>
D21	Imaginary Jump Rope	1 min	<input type="radio"/>
D21	Jog in Place	1 min	<input type="radio"/>
D21	Light Stretch	2-3 min	<input type="radio"/>

Ref.#	Drill	Reps/Time	Complete
E31	1 Leg Balance Lunge	1 set max reps, each leg	<input type="radio"/>
E32	Super Skaters	1 set max reps, each leg	<input type="radio"/>
C11	Bicycle	1 set max reps	<input type="radio"/>
E34	Calf Raises	25-25-25 reps	<input type="radio"/>
E35	Lateral Squat	1 set max reps, each leg	<input type="radio"/>
E36	Leg Hip Abductions	1 set max reps, each leg	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

E31	1 Leg Balance Lunge	1 set max reps, each leg	<input type="radio"/>
E37	1 Leg Squat Holds (stop after 2 minutes)	Alternate 10 sec each leg max time	<input type="radio"/>
C12	Reverse Bicycles	1 set max reps	<input type="radio"/>
E39	Lateral Step Ups	1 min max reps each side	<input type="radio"/>
E40	Forward Static Lunges	1 set max reps, each leg	<input type="radio"/>
E41	Side Static Lunges	1 set max reps, each leg	<input type="radio"/>

Rest 2 min Keep moving, stretch by swinging arms

C13	Front Crunches	1 set max reps	<input type="radio"/>
C14	Side Crunches	1 set max reps	<input type="radio"/>
E42	Side Bridge	Hold max time each side	<input type="radio"/>

* Finish w/1 set of static stretches
** Consume protein recovery drink w/in 30 min
*** Ice knees for 30 min after working out

Comments: _____

Turn this completed sheet in at the end of each week.

Fresh - Gnd Master Weeks 1 & 2

Parent Signature _____

Name _____ Date _____

Strengthening, Injury Prevention, Muscle Conditioning

Tues of Day 1

Upper Body 1
- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Reps/Time
D1	High Knee Walk	50m	1 set max reps
D2	High Knee Skip	50m	1 set max reps
D3	High Knee Run	50m	1 set max reps
D4	Rump Kicks	50m	1 set max reps
D5	Straight Leg Skips	50m	1 set max reps
D6	Straight Leg Deadlift Walks	25m	Hold max time
D7	Backward Run	25m	
D8	Back Pedal	25m	
D9	Inchworm	25m	

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Record Reps & Time Here

Strengthening, Injury Prevention, Muscle Conditioning

Thur of Day 3

Upper Body 2
- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Reps/Time
D10	High Knee Walk w/Rotation	10sec x 2 reps each leg	1 set max reps
D11	Heel Up Rotate Internally	10sec x 2 reps each leg	1 set max reps
D12	Walking Heel Up	10sec x 2 reps each leg	1 set max reps
D13	Walking Heel Up w/Deadlift	10sec x 2 reps each leg	1 set max reps
D14	Overhead Lunge Walk	25m	1 set max reps
D15	Straight Leg Deadlift Walks	25m	1 set max reps
D16	Backward Lunge w/Twist	25m	1 set max reps
D17	Straight Leg Crossover	25m	1 set max reps
D18	Backward Inchworm	25m	1 set max reps

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Complete

Record Reps & Time Here

Strengthening, Injury Prevention, Muscle Conditioning

Sat of Day 5

Lower Body
- Sip 12-16oz recovery drink while exercising

Ref.#	Drill	Reps/Distance	Reps/Time
D19	Light Stretch	2-3 min	1 set max reps, each leg
D20	Jumping Jacks	1 min	1 set max reps, each leg
D21	Imaginary Jump Rope	1 min	1 set max reps
D21	Jog in Place	1 min	25-25.25 reps
D21	Light Stretch	2-3 min	1 set max reps, each leg

Complete

Complete

Complete

Complete

Complete

Record Reps & Time Here

Ref.#	Drill	Reps/Time
E1	Push Ups	1 set max reps
E17	Dumbbell Curl	1 set max reps
C7	Alternating Situps	1 set max reps
E19	Triceps Kickback	1 set max reps
E20	Alternating Shoulder Dumbbell Press	1 set max reps
E21	Chair Dips	1 set max reps

Complete

Complete

Complete

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
E31	1 Leg Balance Lunge	1 set max reps, each leg
E32	Super Skaters	1 set max reps, each leg
C11	Bicycle	1 set max reps
E34	Calf Raises	25-25.25 reps
E35	Lateral Squat	1 set max reps, each leg
E36	Leg Hip Abductions	1 set max reps, each leg

Complete

Complete

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
E4	Military Push Up	1 set max reps
E23	Overhand Dumbbell Curl	1 set max reps
C8	Back Fly	1 set max reps
E25	Overhead Triceps Extension	1 set max reps
E26	Overhead Weight Raise/Swing	1 set max reps
E27	Dumbbell Upright Rows	1 set max reps

Complete

Complete

Complete

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
E31	1 Leg Balance Lunge	1 set max reps, each leg
E37	1 Leg Squat Holds (stop after 2 minutes)	Alternate 10 sec each leg max time
C12	Reverse Bicycles	1 set max reps
E39	Lateral Step Ups	1 min max reps each side
E40	Forward Static Lunges	1 set max reps, each leg
E41	Side Static Lunges	1 set max reps, each leg

Complete

Complete

Complete

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
C9	Weighted Side Bends	1 set max reps
C10	Sit Up - V Ups	1 set max reps
E28	Prone Push Up Bridge	Hold max time

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
C13	Front Crunches	1 set max reps
C14	Side Crunches	1 set max reps
E42	Side Bridge	Hold max time each side

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
S1	Running	Run 1 mile, record time
S2	Slide Board	3 sets - 5 min sets, slow and controlled w/2 min break between sets
S3	Jump Rope	3 sets - 3 min sets w/2 min break between sets
S4	Bike Ride	5 miles, max effort pace, record time

Complete

Complete

Complete

Exercises Drill

Ref.#	Drill	Reps/Time
S7	Bike Ride	10 Miles, max effort, record time
S8	6-4-2's	25m sprint/2 Rest 1 min Sprint 25m, rest 10 sec
S8	50m sprints	Rest 1 min Sprint 50m, rest 10 sec
S8	100m Sprints	Rest 1 min Sprint 100m, rest 10 sec

Complete

Complete

Complete

Complete

Complete

Complete

Exercises Drill

* Finish w/1 set of static stretches
** Consume protein recovery drink w/in 30 min
*** Ice knees for 30 min after working out

* Finish w/1 set of static stretches
** Consume protein recovery drink w/in 30 min
*** Ice knees for 30 min after working out

Comments: _____

Comments: _____

Turn this completed sheet in at the end of each week.

Fresh - Gnd Master Week 3

Parent Signature _____