

Name \_\_\_\_\_  
Date \_\_\_\_\_

Strengthening, Injury Prevention, Muscle Conditioning

**Tues of Day 1**

Record  
Reps & Time  
Here

- Sip 12-16oz recovery drink while exercising

Ref #	Dynamic Warm Up Drill	Reps/Distance
D19	Light Stretch	2-3 min
D20	Jumping Jacks	1 min
D21	Imaginary Jump Rope	1 min
	Jog in Place	1 min
	Light Stretch	2-3 min

- Complete
- Complete
- Complete
- Complete
- Complete

Ref #	Exercises Drill	Reps/Time
E1	Push Ups	1 set max reps
E2	Overhand Pull Up	1 set max reps
C1	Sit Ups	1 set max reps
E6	Push Up Bridge	Hold max time

Rest 2 min Keep moving, stretch by swinging arms

F1	Mountain Climbers	1 set max reps
C2	Flutter Kicks	1 set max reps
E11	Rotational Push Up Position Reaches	1 set max reps
C3	Leg Push Outs	1 set max reps

Rest 2 min Keep moving, stretch by swinging arms

C6	Lying Trunk Twist	1 set max reps
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\* Finish w/1 set of static stretches

\*\* Consume protein recovery drink w/in 30 min

Comments: \_\_\_\_\_

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

Date \_\_\_\_\_

Strengthening, Injury Prevention, Muscle Conditioning

**Thur of Day 2**

Record  
Reps & Time  
Here

- Sip 12-16oz recovery drink while exercising

Ref #	Dynamic Warm Up Drill	Reps/Distance
D19	Light Stretch	2-3 min
D20	Jumping Jacks	1 min
D21	Imaginary Jump Rope	1 min
	Jog in Place	1 min
	Light Stretch	2-3 min

- Complete
- Complete
- Complete
- Complete
- Complete

Ref #	Exercises Drill	Reps/Time
E1	Push Ups	1 set max reps
E17	Dumbbell Curl	1 set max reps
C7	Alternating Situps	1 set max reps
E25	Overhead Triceps Extension	1 set max reps

Rest 2 min Keep moving, stretch by swinging arms

E20	Alternating Shoulder Dumbbell Press	1 set max reps
E21	Chair Dips	1 set max reps
C4	Mason Twist	1 set max reps
E26	Overhead Weight Raise/Swing	1 set max reps

Rest 2 min Keep moving, stretch by swinging arms

E28	Prone Push Up Bridge	Hold max time
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Complete

**Cardio**

(Choose from one of the four)

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

\* Finish w/1 set of static stretches

\*\* Consume protein recovery drink w/in 30 min

Comments: \_\_\_\_\_

Date \_\_\_\_\_

Strengthening, Injury Prevention, Muscle Conditioning

**Sat of Day 3**

Record  
Reps & Time  
Here

- Sip 12-16oz recovery drink while exercising

Ref #	Dynamic Warm Up Drill	Reps/Distance
D19	Light Stretch	2-3 min
D20	Jumping Jacks	1 min
D21	Imaginary Jump Rope	1 min
	Jog in Place	1 min
	Light Stretch	2-3 min

- Complete
- Complete
- Complete
- Complete
- Complete

Ref #	Exercises 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

Rest 2 min Keep moving, stretch by swinging arms

E37	1 Leg Squat Holds	Alternate 10 sec each leg
		(stop after 2 minutes)
C12	Reverse Bicycles	max time
E39	Lateral Step Ups	1 set max reps
E40	Forward Static Lunges	1 min max reps each side
E41	Side Static Lunges	1 set max reps, each leg

Rest 2 min Keep moving, stretch by swinging arms

C13	Front Crunches	1 set max reps
E42	Side Bridge	Hold max time each side

**Cardio**

(Choose from one of the two)

S8	Bike Ride	Record Time
S10	4-2-1S	Record Time
	Sprint 25m, rest 10 sec	4 sets
	Rest 1 min	
	Sprint 50m, rest 10 sec	2 sets
	Rest 1 min	
	Sprint 100m, rest 10 sec	1 sets

\* Finish w/1 set of static stretches

\*\* Consume protein recovery drink w/in 30 min

\*\*\* Ice knees for 30 min after working out

Comments: \_\_\_\_\_

Parent Signature \_\_\_\_\_