

Summer Independent Workout

Attached is the summer independent workout schedule. It is based on a five day workout, allowing for two rest days. The rest days can be placed anywhere within the week. The workout is also geared to be able to be done anywhere by everyone. You may do it alone or with as many others as you want. If you have a weightlifting regimen, this workout should be able to add to that. Most is cardio-based and dynamic. The only two workouts that are continuous are the planks and the Mile run. All others can be broken up throughout the day, as long as the total number is achieved for that day. Have a parent or another player to sign off on you doing the activity. If you cheat/shortcut it will show.

Timed Mile Run: This is used to build cardio endurance along with higher cardio output. Time and report your initial run to Coach Steele. You should then try to shave off time each time you run. Your end goal time should be as close to or under 9 min for the Mile. Our track at Washington is set up for four laps equalling a mile, if you choose to use it. There are also many apps that can track time and distance.

Burpee: Burpees are a full body/cardio workout. With these burpees we will not include the pushup. The series should be jump with two hands high, squat to place hands on the ground, kick both feet back into plank position, hold two seconds, jump both feet back and continue to next with the jump. Speed is not necessary. Execution of the burpee with proper mechanics is more important. Don't get lazy with the legs. They should both jump into and out of the plank position together.

Plank: Planks may be done on your hands with arms extended or on forearms. Make an effort to maintain a straight as possible plank. Don't let it sag or point your hips up in a peak. If you can't make the entire time, mark time when you fail and finish the time immediately after a 10 second break.

Extra: If you want to do a bit more you can do side planks. Example- place right forearm on the ground with right foot. Left foot on top of right foot and left hand pointed straight up in the air. Keep your knees, hips, and shoulders in a straight line.

If you choose this only do 25% of the regular plank time for each side.

Lunge Jump: The number listed is the total number of jumps. It will work out to half the number listed for each leg. You should lunge with a leg. Instead of standing back up you jump and land with the opposite leg forward proceeding into another lunge.

Wall Jump: Use the blocking technique to jump off two feet with two hands and touch as high as you can. If you want to mark and measure to keep track, I recommend this. You may also use a close step to complete the jump. If using a close step alternate directions each jump.

Push Ups: Begin in a plank position; lower chest to ground; return to plank position. Two options: 1. Hands 4 to 6 inches wider than the shoulders. 2.(easier) Hands directly under shoulders and keep elbows close to body.

You may also start with your upper body inclined. As in using a chair or couch to do the pushup on. For a challenge- 1. Elevate feet 2. Use fingertips.