

Monday and Friday

1. Warm-up: 5 minutes running or biking
2. Complete Phase 3 of Cuff weight program
3. Weight Program:

Exercise:	Sets X Reps:	Load:	Tempo:	Weight lifted:
Squats	4 X 4-6	Heavy	Slow down, fast up	/ / /
Squat Jump	4 X 4	BW or w DB in each hand	Explosive	/ / /
REST (4 minutes)				
BB bench press	4 X 4-6	Heavy	Slow down, fast up	/ / /
Bosu push-up with hop	4 X 4	BW	Explosive	/ / /
REST (4 minutes)				
Seated Row	4 X 4-6	Heavy	Fast	/ / /
Pull-ups or modified pullup with feet on ball	4 X 4-6	Heavy	Fast	/ / /

4. Cool down
5. Core circuit

Wednesday

1. Warm-up: 5 minutes skipping rope
2. Trunk to tree top: 2 X 6 each direction and complete Phase 3 of Cuff Weight program
3. Weight Program:

Exercises:	Sets X Reps:	Load:	Tempo:	Weight Lifted:
DB bench press	3 X 6-8	As tolerated	Controlled	/ / /
Lat pulldown to chest	3 X 6	As tolerated	Controlled	/ / /
REST (3 minutes)				
Lunges with rotation - plate	3 X 6-8 each leg	As tolerated	Controlled	/ / /
Reverse Flies (for variation try exercise in the "airplane" position)	3 X 6-8	As tolerated	Controlled	/ / /
Step ups with DB – finish with leg lift when stepping	3 X 6-8 each leg	As tolerated	Controlled	/ / /
REST (3 minutes)				
Standing bicep curl	2 X 6-8	As tolerated	Controlled	/ / /
Tricep pushdown	2 X 6-8	As tolerated	Controlled	/ / /
Alternating shoulder raises standing on Bosu	2 X 6-8	As tolerated	Controlled	/ / /

4. Cool down
5. Core circuit

Tuesday and Thursday

- ❖ Warm-up
- ❖ Agility – do 2 sets of box drill and T drill

1. Ladder Drills –

- a. Lateral Shuffle – 30 seconds
 - Rest 2 minutes
 - a. Double Leg Slalom hop – 30 seconds
 - Rest 2 minutes
 - b. Icky Shuffle- 30 seconds
 - Rest 2 minutes
- Go through each exercise 3 X with rest in between

➤ 2. 9-Square Drills - 3 X 3 feet area – see grid below

- a. Hour glass Pattern – 30 seconds
 - 1&3 – 5 – 7 &9
 - Rest 2 min
- b. Big Z Pattern – 30 seconds
 - 1 – 3 – 7 – 9 -/ 9 – 7 – 3 - 1
 - Rest 2 min
- c. What's your number? – 30 seconds
 - Type your phone number with your feet!
 - Rest 2 – 3 min

- Go though circuit 2X with rest in between

1	2	3
4	5	6
7	8	9

Core Circuit

Complete each of the following exercises **X2** for **30 seconds** each **continuously**:

- Front plank
- Leg lowers
- Windshield wipers
- Side plank
- Side plank (other side)
- Heel touches
- Hip lifts
- Superman
- V-sit – **holding med ball in feet**
- V-sit with rotation – **holding med ball in hands**
- Side crunches
- Side crunches (other side)

Dumbbell Cluster on Ball

Step 1:

In Bench press position, start with the dumbbell up above your head and do one repetition ending with dumbbells in starting position.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

Step 2:

Keeping the dumbbells in the air, drop hips down to incline position and do one repetition starting and ending with dumbbells above head.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

Step 3:

Keeping dumbbells above head, roll body on ball to a sitting position (it is important that you keep contact with the ball and contracts your abs). Complete one Shoulder press starting and ending with dumbbell above head.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

Step 4:

Roll back down to bench press position keeping arms above head and continue through the pattern of bench, incline press, shoulder press... for the set amount of reps.