

## Senior Dryland (Week 1+2)

Sunday	Monday	Tuesday	Wednesday	Thursday*
<p><b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse</p> <p><b>Leg Series</b> 3x: 1 min rest between rounds no rest between exercises Squat 10 reps R. Lunge 10 reps Jump Squat 5 reps Jump Lunge 5 reps</p> <p><b>Med Ball</b> 1 min rest b/t exerc. Overhead 10 reps Chest 10 reps Sumos 5 reps s.arm td+chest pass 5 reps ea.</p>	<p><b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front &amp; Back Water Polos</p> <p><b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises</p> <p><b>Core Work</b> Sit Up Throws 10 reps b/t legs chest pass 10 reps Front side pass 10 reps twists 10 ea.dir. ab roller 10 reps</p>	<p><b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse</p> <p><b>Cords + Legs/Calistenics</b> :40 on :20 off Fly Squats (weight) Chest Fly tuck ups Free r.lunges (weight) chest fly v ups</p> <p>1 min max jump rope</p> <p><b>Boxing</b> Hooks 40 reps Upper Cuts 40 reps Combos 20 reps</p> <p>1 min max jump rope</p>	<p><b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front &amp; Back Water Polos</p> <p><b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises</p> <p><b>Core Work</b> Sit Up Throws 10 reps b/t legs chest pass 10 reps Front side pass 10 reps twists 10 ea.dir. ab roller 10 reps</p>	<p><b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse</p> <p><b>Pull Ups</b> Hangs (no rest b/t rds) 3x: (:5 on / :10 off) 2x: (:10 on / :20 off) 1x: (:20 on) 2-3 min break (swing arms) Body Weight Rows 3x: 8 1:00 rest 2-3 min break (swing arms) Jump Pull Ups 3x: 8* or 4* 1:00 rest *1,2 or 3 pull up ea. rep</p>

## Senior Dryland (Week 3+4)

Sunday	Monday	Tuesday	Wednesday	Thursday*
<p><b>Warm Up:</b>            4 x 100 Jump Rope            1) 100 normal            2) 100 (every 10th = double)            3) 100 (every 10th = double)            4) 100 reverse</p> <p><b>Leg Series</b>            5x:            1 min rest between rounds            no rest between exercises            Squat 10 reps            R. Lunge 10 reps            Jump Squat 5 reps            Jump Lunge 5 reps</p> <p><b>Med Ball</b> no rest b/t exerc.            Overhead 10 reps            Chest 10 reps            Sumos 5 reps            s.arm td+chest pass 5 reps ea.</p>	<p><b>Dynamic Stretch</b>            Leg Swings            Leg Sweeps            Lateral Lunges            Good Mornings            Fort Collins            Double Arm Swings (F/B)            Opposites            Side to Side            Front &amp; Back            Water Polos</p> <p><b>Shoulder Work (10 reps ea.)</b>            Pass Throughs            Band Pull Apart (Palms Up)            Band Pull Apart (Palms Down)            1 hand in/external rotations            Lateral Raises            Front Raises            *increase band resistance</p> <p><b>Core Work</b>            Sit Up Throws 10 reps            b/t legs chest pass 10 reps            Front side pass 10 reps            twists 10 ea.dir.            ab roller 10 reps</p>	<p><b>Warm Up:</b>            4 x 100 Jump Rope            1) 100 normal            2) 100 (every 10th = double)            3) 100 (every 10th = double)            4) 100 reverse</p> <p><b>Cords + Legs/Calistenics</b>            :40 on :20 off            Fly Squats (weight)            Chest Fly tuck ups            Free r.lunges (weight)            Chest Fly v ups</p> <p>1 min max jump rope</p> <p><b>Boxing</b>            Hooks 40            Upper Cuts 40            Combos 40</p> <p>1 min max jump rope</p>	<p><b>Dynamic Stretch</b>            Leg Swings            Leg Sweeps            Lateral Lunges            Good Mornings            Fort Collins            Double Arm Swings (F/B)            Opposites            Side to Side            Front &amp; Back            Water Polos</p> <p><b>Shoulder Work (10 reps ea.)</b>            Pass Throughs            Band Pull Apart (Palms Up)            Band Pull Apart (Palms Down)            1 hand in/external rotations            Lateral Raises            Front Raises            *increase band resistance</p> <p><b>Core Work</b>            Sit Up Throws 10 reps            b/t legs chest pass 10 reps            Front side pass 10 reps            twists 10 ea.dir.            ab roller 10 reps</p>	<p><b>Warm Up:</b>            4 x 100 Jump Rope            1) 100 normal            2) 100 (every 10th = double)            3) 100 (every 10th = double)            4) 100 reverse</p> <p><b>Pull Ups</b>            Hangs (no rest b/t rds)            3x: (:5 on / :10 off)            2x: (:10 on / :20 off)            1x: (:20 on)            2-3 min break (swing arms)            Body Weight Rows            5x: 8 1:00 rest            2-3 min break (swing arms)            Jump Pull Ups            5x: 8 or 4 1:00 rest            *1,2 or 3 pull up ea. rep</p>

## Senior Dryland (Week 5 + 6)

Sunday	Monday	Tuesday	Wednesday	Thursday*
<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Leg Series</b> 3x: 1 min rest between rounds :30 rest b/t exerc. Squat                    15 reps R. Lunge                15 reps Jump Squat            8 reps Jump Lunge            8 reps  <b>Med Ball</b> 1min break b/t exerc Overhead                15 Chest                    15 Sumos                    15 s.arm td+chest pass    8	<b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front & Back Water Polos  <b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises *increase band resistance  <b>Core Work</b> 1x: 40 on/ 20 off Tuck Ups Plank Single Leg V up Side Plank Single Leg V up Side Plank Super Man	<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Cords + Legs/Calistenics</b> :40 on :20 off Fly                      Squats (weight) Chest Fly                tuck ups Free                      r.lunges (weight) Chest Fly                v ups  1 min max jump rope  <b>Boxing</b> Hooks                    50 Upper Cuts              50 Combos                  25  1 min max jump rope	<b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front & Back Water Polos  <b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises *increase band resistance  <b>Core Work</b> 1x: 40 on/ 20 off Tuck Ups Plank Single Leg V up Side Plank Single Leg V up Side Plank Super Man	<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Pull Ups</b> Hangs (no rest b/t rds) 3x: (:5 on / :10 off) 2x: (:10 on / :20 off) 1x: (:20 on) 2-3 min break (swing arms) Body Weight Rows 3x:                        10 1:00 rest 2-3 min break (swing arms) Jump Pull Ups 3x:                        10 or 5 1:00 rest *1,2 or 3 pull up ea. rep

## Senior Dryland (Week 7+8)

Sunday	Monday	Tuesday	Wednesday	Thursday*
<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Leg Series</b> 5x: 1 min rest between rounds no rest between exercises Squat 15 reps R. Lunge 15 reps Jump Squat 8 reps Jump Lunge 8 reps  <b>Med Ball</b> no rest b/t exerc. Overhead 15 Chest 15 Sumos 15 s.arm td+chest pass 8	<b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front & Back Water Polos  <b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises *increase band resistance  <b>Core Work</b> 1x: 40 on/ 20 off Tuck Ups Plank Single Leg V up Side Plank Single Leg V up Side Plank Super Man	<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Cords + Legs/Calistenics</b> :40 on :20 off Fly Squats (weight) Chest Fly tuck ups Free r.lunges (weight) Chest Fly v ups  1 min max jump rope  <b>Boxing</b> Hooks 50 Upper Cuts 50 Combos 25  1 min max jump rope	<b>Dynamic Stretch</b> Leg Swings Leg Sweeps Lateral Lunges Good Mornings Fort Collins Double Arm Swings (F/B) Opposites Side to Side Front & Back Water Polos  <b>Shoulder Work (10 reps ea.)</b> Pass Throughs Band Pull Apart (Palms Up) Band Pull Apart (Palms Down) 1 hand in/external rotations Lateral Raises Front Raises *increase band resistance  <b>Core Work</b> 1x: 40 on/ 20 off Tuck Ups Plank Single Leg V up Side Plank Single Leg V up Side Plank Super Man	<b>Warm Up:</b> 4 x 100 Jump Rope 1) 100 normal 2) 100 (every 10th = double) 3) 100 (every 10th = double) 4) 100 reverse  <b>Pull Ups</b> Hangs (no rest b/t rds) 3x: (:5 on / :10 off) 2x: (:10 on / :20 off) 1x: (:20 on) 2-3 min break (swing arms) Body Weight Rows 5x: 10 1:00 rest 2-3 min break (swing arms) Jump Pull Ups 5x: 10 or 5 1:00 rest *1,2 or 3 pull up ea. rep