



Stay-In Shape, Stay Competitive

May 11, 2020

PRE-DEVELOPMENT / DEVELOPMENT GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

3x 1 min jump rope on 45" sec rest

20x push-ups + 8x vertical streamline jumps

3x 1 min jump rope on 45" sec rest

20x sit-ups twisters + 8x vertical streamline jumps

2x 30" sec plank hold – 10x push-ups – 30" sec streamline hold – 10x push-ups – 90" sec rest between sets

15x lower back lifts – 45" sec flutter kick – 30" sec streamline hold

10-15' min [stretching – warm down](#)

TUESDAY Day 2: 10-15 minutes warm up of your choice

5x burpee – 10" sec rest – 10x burpee – 20" sec rest – 15x burpee – 60" sec rest

1x pull-up – 20" sec rest – 2x pull-ups – 40" sec rest – 3x pull-ups – 60" sec rest

4x 15 sit-ups twisters – 10x sklapacky – 60" sec rest

2x 30" sec flutter kick – 30" sec flutter kick reverse (on your stomach) – 30" sec streamline hold - 90" sec rest

Pyramid of 5 Vertical Jumps with 5" sec rest between reps

10-15' min [stretching – warm down](#)

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike (must do at least one of the activities)

THURSDAY Day 4: Repeat **Tuesday Day 2** workout

After practice record jumps per 1 min

FRIDAY Day 5: Repeat **Monday Day 1** workout

After practice record jumps per 1 min

SATURDAY, SUNDAY – Recovery Fun Day



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SILVER / SILVER ELITE GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

6x 30 on 90" sec interval - Stretch cordz - EAZY tempo with technique

4x 1 min jump rope on 45" sec rest

25x push-ups + 10x vertical streamline jumps

4x 1 min jump rope on 45" sec rest

25x sit-ups twisters + 10x vertical streamline jumps

2x 40" sec plank hold – 12x push-ups – 30" sec streamline hold – 12x push-ups – 90" sec rest between sets

15x lower back lifts – 45" sec flutter kick – 30" sec streamline hold

10-15' min [stretching – warm dow](#)

TUESDAY Day 2: 10-15 minutes warm up of your choice

5x 40 on 2 min interval – Stretch cordz - EAZY tempo with technique

5x burpee – 10" sec rest – 10x burpee – 20" sec rest – 15x burpee – 60" sec rest

2x pull-up – 20" sec rest – 3x pull-ups – 40" sec rest – 4x pull-ups – 60" sec rest

4x 20 sit-ups twisters – 10x sklapacky – 60" sec rest

2x 40" sec flutter kick – 40" sec flutter kick reverse (on your stomach) – 30" sec streamline hold - 90" sec rest

Pyramid of 5 Vertical Jumps with 5" sec rest between reps

10-15' min [stretching – warm down](#)

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike (**must do at least one of the activities**)

THURSDAY Day 4: Repeat **Tuesday Day 2** workout and don't forget to:

After practice record jumps per 1 min

FRIDAY Day 5: Repeat **Monday Day 1** workout

After practice record jumps per 1 min

SATURDAY, SUNDAY – Recovery Fun Day



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GOLD GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

Stretch Cordz: 6x (40 eazy on 90" sec interval – **20x fast** on 60"sec interval)

5x 1 min jump rope on 45" sec rest

30x push-ups + 15x vertical streamline jumps

5x 1 min jump rope on 45" sec rest

30x sit-ups twisters + 15x vertical streamline jumps

2x 45" sec plank hold – 15x push-ups – 30" sec streamline hold – 15x push-ups – 90" sec rest between sets

15x lower back lifts – 60" sec flutter kick – 30" sec streamline hold

10-15' min [stretching – warm dow](#)

TUESDAY Day 2: 10-15 minutes warm up of your choice

Stretch Cordz: 6x (**20x fast** - 20x eazy – **20x fast**) on 2 min interval

10x burpee – 10" sec rest – 15x burpee – 20" sec rest – 20x burpee – 60" sec rest

3x pull-up – 20" sec rest – 4x pull-ups – 40" sec rest – 5x pull-ups – 60" sec rest

4x 25 sit-ups twisters – 12x sklapacky – 60" sec rest

2x 50" sec flutter kick – 50" sec flutter kick reverse (on your stomach) – 30" sec streamline hold - 90" sec rest

Pyramid of 8 Vertical Jumps with 5" sec rest between reps

10-15' min [stretching – warm down](#)

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice + 1 Pull-ups set

1x Pul-Ups Pyramid of 6

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike ([must do at least one of the activities](#))

THURSDAY Day 4: Repeat **Tuesday Day 2**

After practice record jumps per 1 min

FRIDAY Day 5: Repeat **Monday Day 1** workout

After practice record jumps per 1 min

SATURDAY, SUNDAY – Recovery Fun Day



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PRE SENIOR – SENIOR / NATIONAL GIRLS GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

Stretch Cordz: 8x (40 eazy on 90" sec interval – **20x fast** on 60"sec interval)

5x 1:15" min jump rope on 45" sec rest

35x push-ups + 15x vertical streamline jumps – 1 min rest

5x 1:15" min jump rope on 45" sec rest

35x sit-ups twisters + 15x vertical streamline jumps

2x 50" sec plank hold – 20x push-ups – 30" sec streamline hold – 20x push-ups – 90" sec rest between sets

2x 15x lower back lifts – 60" sec flutter kick – 30" sec streamline hold

10-15' min [stretching – warm dow](#)

TUESDAY Day 2: 10-15 minutes warm up of your choice

Stretch Cordz: 8x (**20x fast** - 20x eazy – **20x fast**) on 2 min interval

10x burpee – 10" sec rest – 15x burpee – 20" sec rest – 20x burpee – 60" sec rest

4x pull-ups – 20" sec rest – 5x pull-ups – 40" sec rest – 6x pull-ups – 60" sec rest

4x 30 sit-ups twisters – 15x sklapacky – 60" sec rest

2x 50" sec flutter kick – 50" sec flutter kick reverse (on your stomach) – 30" sec streamline hold - 90" sec rest

Pyramid of 8 Vertical Jumps with 5" sec rest between reps

10-15' min [stretching – warm down](#)

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice + 1 Pull-ups set

1x Pul-Ups Pyramid of 6

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike ([must do at least one of the activities](#))

THURSDAY Day 4: Repeat **Tuesday Day 2** workout

After practice record jumps per 1 min

FRIDAY Day 5: Repeat **Monday Day 1** workout

After practice record jumps per 1 min

SATURDAY, SUNDAY – Recovery Fun Day



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SENIOR BOYS GROUP

MONDAY Day 1: 10-15 minutes warm up of your choice

Stretch Cordz: 8x (40 eazy on 90" sec interval – **25x fast** on 60"sec interval)

5x 1:30" min jump rope on 45" sec rest

40x push-ups + 15x vertical streamline jumps

5x 1:30" min jump rope on 45" sec rest

40x sit-ups twisters + 15x vertical streamline jumps – 1 min rest

2x 50" sec plank hold – 25x push-ups – 30" sec streamline hold – 25x push-ups – 90" sec rest between sets

2x 15x lower back lifts – 60" sec flutter kick – 30" sec streamline hold

10-15' min [stretching – warm dow](#)

TUESDAY Day 2: 10-15 minutes warm up of your choice

Stretch Cordz: 8x (**25x fast** - 25x eazy – **25x fast**) on 2:15" min interval

10x burpee – 10" sec rest – 15x burpee – 20" sec rest – 20x burpee – 60" sec rest

5x pull-ups – 20" sec rest – 6x pull-ups – 40" sec rest – 7x pull-ups – 60" sec rest

4x 35 sit-ups twisters – 15x sklapacky – 60" sec rest

2x 50" sec flutter kick – 50" sec flutter kick reverse (on your stomach) – 30" sec streamline hold - 90" sec rest

Pyramid of 8 Vertical Jumps with 5" sec rest between reps

10-15' min [stretching – warm down](#)

WEDNESDAY Day 3: Recovery/Fun day: 10-15 minutes warm up of your choice + 1 Pull-ups set

1x Pul-Ups Pyramid of 8

Choice of: 6+ mile bike ride **OR** 2+ mile strong run **OR** 3+ mile hike ([must do at least one of the activities](#))

THURSDAY Day 4: Repeat **Tuesday Day 2** workout

After practice record jumps per 1 min

FRIDAY Day 5: Repeat **Monday Day 1** workout

After practice record jumps per 1 min

SATURDAY, SUNDAY – Recovery Fun Day



GENERAL WARM UP for all ages across before each dryland starts!

Option 1: 5-10 min active stretch + 2x (20 Jumping Jacks, 15 Burpees, 10 Push-ups) 1 min rest between 2 sets + 2x plank hold (30 seconds ON, 30 seconds OFF)

Option 2: 5 min active stretch + 1 mile (8-15 min) lite run + 2x (15 Jumping Jacks, 30 sec Plank hold) 1 min rest between 2 sets

Option 3: 5 min active stretch + 5x (1' min ON and 30" sec OFF jump rope) + 2x plank hold (30 seconds ON, 30 seconds OFF)

PULL-UPS - grip the bar slightly wider than shoulders. Hands away or towards you (your choice). Start from hanging all the way down with straight arms. Pull yourself up until your chin is above the bar. Pause for split of the second. Lower yourself all the way down till arms in straight position again. BREATH IN going up. BREATH OUT going down!

PULL-UP HOLD - 5-10-15-20+ seconds (pull-up till your chin is all the way above the bar and hold for the amount of time written in the set)

PUSH-UPS - Deep. Chest all the way down within 2 inches of touching the floor. If difficult to do. Go for push up from your knees. BREATH IN going down, BREATH OUT going up

JUMPS - High up, max each one

SIT-UPS - Elbow touching knees each time. Legs at 90-degree angle with back flat on the floor. BREATH IN going down, BREATH OUT going up towards knees

LOWER BACK LIFTS - *lying face down on your stomach, feet locked in stable position arms behind your head, lift up as far you can*

SIT-UP TWISTERS - *each sit up bring your elbow to your opposite knee and make a contact. Right elbow to outside of your left knee, Left elbow to outside of your right knee.*

SKLAPACKY - *lying on your back in streamline position. Lift up arms and legs all the way up to touch your feet while pivoting on your bottom. Try keeping your legs straight*

TRICEPS DIPS - Sit on the edge of the chair, bench and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended or at angle. Your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair. Lower yourself until your elbows are bent between 45 and 90 degrees. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.



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BURPEE - Begin in a standing position.

1. Move into a squat position with your hands on the ground. (count 1)
2. Kick your feet back into a plank position, while keeping your arms extended. (count 2)
3. Immediately return your feet into squat position. (count 3)
4. Stand up from the squat position (count 4)

STREAMLINE HOLD – In upward standing position holding arms up in the tightest streamline position possible. Keep everything tight. Arms, Core, Legs. Just like trying to go off the wall/turn underwater.

***Push-ups / Pyramid of 5+:** 1x push up, 2 push-ups, 3 push-ups, 4 push-ups, 5 push-ups, 4 push-ups, 3 push-ups, 2 push-ups, 1 push up) rest between push-ups is to just stand up all the way and than go back down to push up position- approximately 5-7" seconds rest

****Pull-ups / Pyramid of 5+:** 1x pull-up 45" sec rest, 2x pull-ups 45" sec rest, 3x pull-ups 45" sec rest, 4x pull-ups 45" sec rest, 5x pull-ups 45" sec rest, 4x pull-ups 45" rest, 3x pull-ups 45" rest, 2x pull-ups 45" sec rest, 1x pull-up 45" seconds rest