

Workout # 7

Please Note: In BLACK are the number of repetitions, for intermediate is in RED and for beginners/younger athletes in BLUE. If it is all black (ex. 2 sprint shuttle) is it for everyone.

Black= 13& Over

Red= 10-12 years old

Blue= 9 & younger

Above is the general guideline, but feel free to follow whatever workout is appropriate for you.

Activation & Warm-up (less than 15 minutes):

2x(14-20) 1x(6-10)1x (4-8) repetitions of each exercise with the exception of jumping jacks)

1. Jumping Jacks (this is the only exercise that you will do for one minute)
2. External rotation
3. Jumping Jacks
4. Scapular mobility
5. Jumping jacks
6. T hand rotation
7. Jumping Jacks
8. Roll in and out
9. Jumping jacks
10. Split hand walk out

At the end of the round do (100)(50)(50)Abdominal of your choice

Aerobic workout (less than 60 minutes):

2 minutes (10-12 reps)(6-10 reps) Row

20(10-12 reps)(6-10 reps)Squat jump + 180 rotation

2 minutes (10-12 reps)(6-10 reps) Row

20 reps(10-12 reps)(6-10 reps) Glute

2 minutes (10-12 reps)(6-10 reps) Row

20 reps(8-10 reps)(4-8 reps) Bridge with opposite Arm and Leg up

2 minutes (10-12 reps)(6-10 reps) Row

20 reps(8-10 reps)(4-8 reps) Lunge jump + swing

2 minutes (10-12 reps)(6-10 reps) Row

20 reps(8-10 reps)(4-8 reps) Plank jacks + push up

Water break

5x(3x)(2x) go thru the round minimizing the rest and transition between each exercise

8 reps Squat jump + 180 rotation

8 reps Glute

8 reps Bridge with opposite Arm and Leg up

8reps Lunge jump + swing

8 reps Plank jacks + push up

1 minutes break

Water break

5x(3x)(2x)(keep your heartbeat (between 140-160) (140 or lower)(120 or lower)

1 minutes (8 reps or less)(6 reps or less) Row

1minutes Jumping Jacks

20 reps (8 reps or less)(6 reps or less) Lunge jump + swing