

Week 17 7/14

WEEK 3/5: CIRCUITS

MON-UPPER BODY

TUE- TOTAL BODY: BASIC CIRCUIT

WED- CORE

THUR- TOTAL BODY: LINEAR CIRCUIT

FRI- CORE

NEEDED GEAR FOR TEAM DRYLAND STARTING MON JULY 6

- MINI BAND
- SURGICAL TUBE
- JUMP ROPE
- STICK
- WATER BOTTLE OR 6LB WEIGHT

DRYLAND AT PRACTICE

- JUMP ROPE (REG, R LEG, L LEG, DBL UNDER, REV)
 - 30 EA
- JUMPING JACK BUBBLE (REGULAR, RUNNER, TWIST N REACH FWD, OVER THE TOP, GATOR)
 - 30 EA
- LUNGE N THROW UP (FWD, SIDE, ROTATIONAL, BACK)
 - 5 EA W/6LB
- LUNGE AND REACH ACROSS (FWD, SIDE, ROTATIONAL, BACK)
 - 5 EA W/6LB
- CRAWL SERIES 3X5MTR
 - BEAR FWD/ REV
 - GRAVE VINE
 - SPIDERMAN
 - ORANGUTAN FWD/REV/ SIDE
 - CRAB FWD/REV/SIDE
 - INCH WORM
- STATIONARY CORE
 - HOT FOOTED LIZARD INTO X-CRAWL
 - TWIST N REACH
 - YOGA PUSH UP
- ANIMAL

TUESDAY- TOTAL BODY

DAILY WARM UP

- CRAWL SERIES 12 MTR EA
 - BEAR CRAWL FWD/REV
 - SIDE
 - CRAB WALK
 - CRAB SIDE
- RABBIT FWD/REV
- SPIDER MAN
- ORANGUTAN
- STATIONARY CORE 12 EA
 - HOT FOOTED LIZARD

- CROSS CRAWL
- PLANK TWIST N REACH
- YOGA PUSH UP
- JUMPING JACK BUBBLE 20 EA
 - REGULAR
 - RUNNER
 - HELICOPTER
 - OVER THE TOP (REMEMBER "T" INTO OVER THE TOP)

- GATOR
- LUNGE (REACHING 4X EA ACROSS + 4X EA REACHING UP) HOLDING WATER BOTTLE OR 6LB
 - FWD
 - SIDE
 - ROTATIONAL
 - REV

WORK OUT

- Leg Warm Up 1 Round
 - 20 Squat
 - Side to Side Jump 20x
 - 90 deg Jump 8ea direction
 - Sqt Jump 12x
 - Air Sqt 12x
 - Sqt Thrust 12x
- Ground Core 20 ea
 - Seated Twist- Russian Twist- 2 Pos Sit Up
- BASIC CIR-2: 20 MIN
 - 8X PUSH UP
 - 12X SQT PRESS (W/6-10LB WGT OR WATER BOTTLE)
 - BIG CIRCLE 4 EA (W/6-10LB WGT OR WATER BOTTLE)
 - 4XEA PUSH UP N TWIST
 - 3XEA CHOP N STEP W/6LB OR WATER BOTTLE
 - 6X BODY WGT SQT THRUST
- Animal 4x Thru

WEDNESDAY- CORE

DAILY WARM UP

- Walking w/water bottle 2x Thru
- 10x Stick (you can use a broom)

Work Out

- 3x Thru Continuous
 - BEAR CRAWL FWD/REV 10m
 - SIDE CRAWL
 - 20x Hot Footed Lizard
 - 5x EA LUNGE FWD
 - CRAB WALK
 - CRAB SIDE
 - 20x Cross Crawl
 - 5X EA LUNGE SIDE
 - RABBIT FWD/REV
- JUMPING JACK BUBBLE 20 EA
 - REGULAR
 - RUNNER
 - HELICOPTER
 - OVER THE TOP (REMEMBER "T" INTO OVER THE TOP)
 - GATOR
- ANIMAL 2X
- BASIC CORE 8 EA
 - BIG CIRCLE- OVER THE TOP- WIDE N STEP- CHOP N STE
- SPIDER MAN
- 20x Plank Twist n Reach
- 5X EA LUNGE ROTATIONAL
- ORANGUTAN
- Choice Crawl
- CROSS CONNECT DEAD BUG 10 EA SIDE
 - <https://youtu.be/9c5YZMyXidQ>
- 5X LUNGE REV

THURSDAY- TOTAL BODY

DAILY WARM UP

- CRAWL SERIES 12 MTR EA
 - BEAR CRAWL FWD/REV
 - SIDE
 - CRAB WALK
 - CRAB SIDE
 - RABBIT FWD/REV
 - SPIDER MAN
 - ORANGUTAN
- STATIONARY CORE 12 EA
 - HOT FOOTED LIZARD
 - CROSS CRAWL
 - PLANK TWIST N REACH
 - YOGA PUSH UP
- JUMPING JACK BUBBLE 20 EA
 - REGULAR
 - RUNNER
 - HELICOPTER
 - OVER THE TOP (REMEMBER "T" INTO OVER THE TOP)
 - GATOR
- **LUNGE (REACHING 4X EA ACROSS + 4X EA REACHING UP) HOLDING WATER BOTTLE**
 - FWD
 - SIDE
 - ROTATIONAL
 - REV

WORK OUT

- JUMPING JACK CORE 20X W/6LB OR WATER BOTTLE
 - FLEX/EXTENSION
 - WIDE
 - FIG 8
- LINEAR CIRCUIT: 20 MIN (40 SEC WORK & 10 SEC REST)
 - PUSH UP
 - SQT PRESS W/6 LB
 - ARM STEP UP ON CURB
 - CHOP N STEP LUNGE
 - YOGA PUSH UP
 - SQT JUMP
 - ROTATIONAL PUSH UP
 - LONG LUMP
- BASIC CORE 8X EA
- Animal 4x Thru

FRIDAY- CORE

DAILY WARM UP

- Walking w/water bottle 2x Thru
- 10x Stick (you can use a broom)

Work Out

- 3x Thru Continuous
 - BEAR CRAWL FWD/REV 10m
 - SIDE CRAWL
 - 20x Hot Footed Lizard
 - 5x EA LUNGE FWD
 - CRAB WALK
 - CRAB SIDE
 - 20x Cross Crawl
 - 5X EA LUNGE SIDE
 - RABBIT FWD/REV
- JUMPING JACK BUBBLE 20 EA
 - SPIDER MAN
 - 20x Plank Twist n Reach
 - 5X EA LUNGE ROTATIONAL
 - ORANGUTAN
 - Choice Crawl
 - CROSS CONNECT DEAD BUG 10 EA SIDE
 - <https://youtu.be/9c5YZMyXidQ>
 - 5X LUNGE REV

- REGULAR
- RUNNER
- HELICOPTER
- OVER THE TOP (REMEMBER “T” INTO OVER THE TOP)
- GATOR
- ANIMAL 6X
- BASIC CORE 8 EA
 - BIG CIRCLE- OVER THE TOP- WIDE N STEP- CHOP N STE
- STICK 10X

THE WEEKEND- ANIMAL

DAILY WARM UP

- BASIC CORE 12 EA
 - AROUND THE WORLD
 - RAINBOW
 - WIND N STEP
 - CHOP N STEP
- LUNGE 2X EA REACHING DOWN & OUT
 - FWD
 - SIDE
 - ROTATIONAL
 - REV
- ANIMAL

MONDAY- Upper Body

DAILY WARM UP

- CRAWL SERIES 12 MTR EA
 - BEAR CRAWL FWD/REV
 - SIDE
 - CRAB WALK
 - CRAB SIDE
 - RABBIT FWD/REV
 - SPIDER MAN
 - ORANGUTAN
- STATIONARY CORE 12 EA
 - HOT FOOTED LIZARD
 - CROSS CRAWL
 - PLANK TWIST N REACH
 - YOGA PUSH UP
- JUMPING JACK BUBBLE 20 EA
 - REGULAR
 - RUNNER
 - HELICOPTER
 - OVER THE TOP (REMEMBER “T” INTO OVER THE TOP)
 - GATOR
- **LUNGE (REACHING 4X EA ACROSS + 4X EA REACHING UP) HOLDING WATER BOTTLE**
 - FWD
 - SIDE
 - ROTATIONAL
 - REV

WORK OUT

- Push Up Series 3x Thru
 - Push Up 10x
 - Yoga Push Up 12x
 - Rotation Push Up 10x ea
 - Animal 1x
- Basic Core 12 ea direction with Water Bottle
- STICK 10X
- Animal 4x Thru