**Workout # 6**

Warm up

3-minute jog, walk run, or run in place

1-minute jog in place touching elbows to opposite knees

Toe touch to opposite foot – 20 times

Standing with legs shoulder width apart – touch ground with hands and walk on hands forward to pike position- hold for 5 seconds and walk back to beginning position – repeat3 times

1. Standing with legs shoulder width apart – touch ground and with hands walk on hands forward to push up position – 5 good pushups – walk back to beginning position – repeat 3 times
2. Stationary lunges – 3 on one leg, 3 on opposite leg – rest one minute – repeat 2 more times
* front leg should be in a 90-degree angle at completion of lunge forward
* hold each lunge for 3 seconds
1. Squats – 2 sets of 15 with 60 seconds rest between each set

**BODY WEIGHT EXERCISES**

1. **One Leg Squat and Reach Exercise Isolates the Gluteus and Improves Balance**

- Place an object on the floor about 2-3 feet in front and to the left of your left foot.

 - Balance on your left foot; raise your right foot off the ground.

- Slowly bend your left knee and lower your torso.

- Reach forward with your right hand and touch the object.

- Maintain your balance by extending your right leg slightly.

- Be sure to keep your left knee over your left foot.

- Touch the object, pause, and return to the start position.

- Maintain a slow and controlled movement throughout the exercise.

- Repeat the exercise 3 times. Switch feet and repeat on the other side.

- Complete 2 sets.

**2. Tuck Jumps to build Agility and Power**

- This exercise is an advanced dynamic power move that should be done only after a complete [warm up](http://sportsmedicine.about.com/cs/injuryprevention/a/aa071001a.htm).

- Stand with feet shoulder width and knees slightly bent

- Bend your knees and descend to a full squat position.

- At the bottom of the squat, powerfully explode straight up bringing your knees toward your chest while in midair.

- Grasp your knees quickly with your arms

- At the top of the jump your thighs should touch your torso.

- Release your legs, control your landing and descend into the squat again for another explosive jump.

- Upon landing immediately repeat the next jump.

- Avoid doing these drills on concrete and use a soft, flat landing surface until you are comfortable with the exercise.

- Use these drills no more than once per week to avoid [overuse](http://sportsmedicine.about.com/od/paininjury1/a/overuse.htm) or excessive impact on your joints.

Try to do 5 the first time

**3. The Chair Dip Triceps Exercise**

- Place the chairs facing each other, about 3 feet apart.

- Sit on the edge of one chair and grip the edge of the chair with your hands.

- Place your heels on the edge of the other chair and hold yourself up using your triceps.

- Slide forward just far enough that your behind clears the edge of the chair, then lower yourself until your elbows are bent between 45 and 90 degrees. Keep your shoulders down, away from your ears.

- Slowly push yourself back up to the start position and repeat. Control the movement -throughout the range of motion.

- 2 sets of 5 with 60 seconds rest between sets

**4. Wall Sit Quad Exercise**

 - Start with your back against a wall with your feet shoulder width and about two feet from the wall.

- Slowly slide your back down the wall until your thighs are parallel to the ground.

- Adjust your feet if you need to so that your knees are directly above your ankles (rather than over your toes).

- Keep your back flat against the wall.

- Hold the position for 20 seconds, rest 30 seconds, and repeat the exercise two times.

- - You may feel a burning sensation in the quads, but if you have pain in the knee or kneecap, stop the exercise.