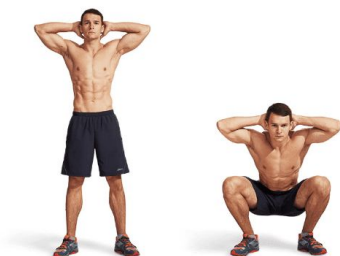


Athletics/Weight Training: - Workout #1

Lower Body Exercises:

Body Squats - 5x10 (Hold at body for 3 seconds)



Walking Lunges - 5x8 Each Leg



Lateral (Side) Lunges - 5x8 Each Leg



Upper Body Exercises:

T-Pushups - 5x10 each side



Low Plank to High Plank - 5x30 seconds



Decline Pushups - 5x10



Explosive Movements:

Jump Squats - 5x5 (Hold at bottom for 3 counts)



Mountain Climbers - 5x30 seconds



Core: Knee to Elbow Planks - 3x10 Each Side



Leg Raises - 3x25



Workout #2

Body Weight Squats – 4x20



Pushups to Shoulder Tap – 4xFailure

- Push up, then tap opposite shoulder
- Alternate each rep



Single Leg Squat – 4x8 each leg

- Get as deep as possible, under control



Decline Pushups – 4xFailure



Chair Dips – 4xFailure



Squat Jumps – 4xFailure



Planks – 4x1 minute



Bulgarian Split Squat – 4x8 each leg



Glute Bridge – 4x15



Body Weight Explosive Workout – Workout #3

You will need about 60 feet of space. If you don't have that much, go down and back. **Complete 3-4 times this week.**

Complete 2-3 times:

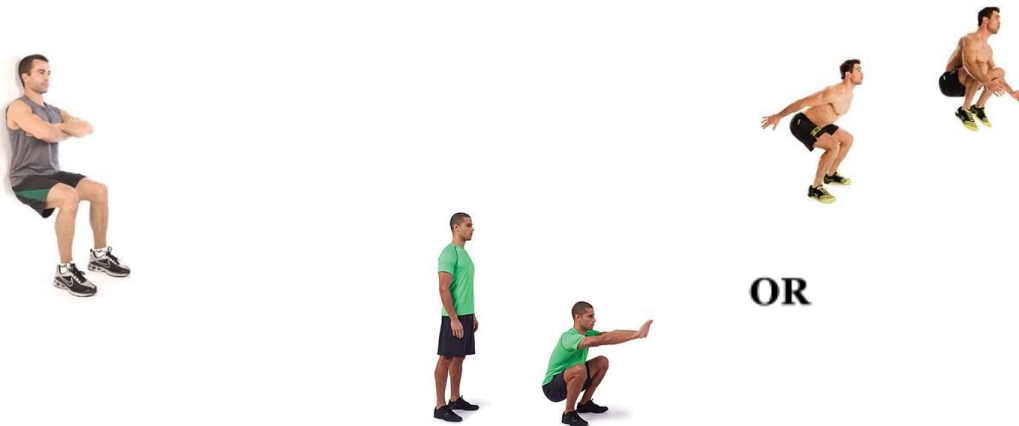
- 1) Frog Jump – Down



- 2) Wall Sits – 60 seconds
- 3) Duck Walks – Back



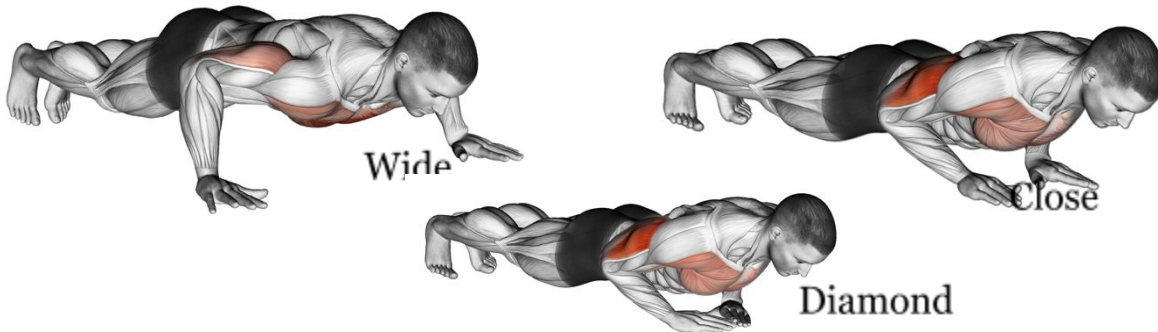
- 4) Jump Tucks or Deep Squats (*Below Parallel*) – 30 times



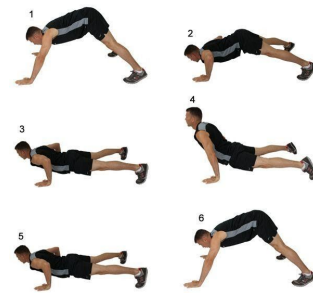
OR

Additional Add Ons (Choose 3 each day):

- Pushups – 1x25 Wide, 1x25 Close, 1x25 Diamond



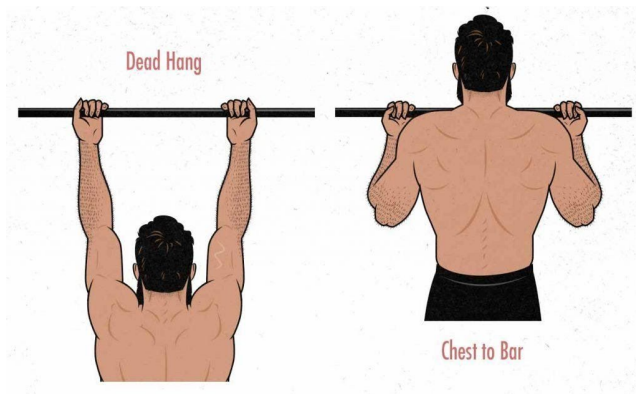
- Bomber Pushups – 3x15



- Body Weight Skull Crushers – 3x10



- Inverted Rows – 3x10



*Chin ups Max x3

Core Circuit:

NEILA REY WORKOUT neilarey.com

 1 10 knee crunches		 2 10 cross crunches	
 3 12 leg raises		 4 20 cycling crunches	
 5 20 flutter kicks		 6 10 heel touches	
 7 60sec elbow plank		 8 10 Russian twists	

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes