

Summer Strength & Conditioning Program Day 3

Day 3 June 26

Warmup: 5 min. Do something to get your heartrate up. Jump rope, Jog, etc.
(you can simulate the speed ladder w/ chalk on pavement)

Dynamic Warmup:

- Lunges. Go about 10 yards. Down and back.
- Hips. 3 hip movements.
- Hamstrings.
- Ab circuit
- High Knees: 10 yards down & Back
- Butt Kicks: 10 yards down & Back
- Carioca (Karaoke?), 10 yards down & Back

Speed Work

- 10 yard sprints.
 - Start from a football stance (varies by position)
 - 8 reps. We are just working the initial getoff. Max effort for 10 yards then slow down.
 - Take full rest in between. Rest enough so that you can run full speed on each sprint.

Strength Work

- **Front Squat. 3 sets 12-15 reps.** Hold something around 30-80 pounds. I'd recommend a 5 gallon bucket filled with something or a backpack with heavy stuff in it. The reps vary based on the weight you choose.
 - Super Set (Do these in between each set)
 - **(Kettle Bell) Swings 3 sets 15 reps.** We call these "kettle bell" swings but we all likely don't have a kettle bell. Use a weighted backpack or a 5 gallon bucket.
- **Push-Up 3 sets. 15-20 reps.** If you cannot get 15 reps, perform modified pushups (on your knees)
 - Super Set (Do these in between each set)
 - **Plank. 3 sets. 30 seconds** Perform a plank and hold for 30 seconds. Keep you back flat and stomach tight.
- **Front Raises. 3 sets 8-15 reps.** 5 gallon bucket works well with this. Could use a weighted backpack or the weighted water jugs.
 - Super Set (Do these in between each set)
 - **Tricep Extensions: 3 sets 8-15.**
- **Farmer's Carry. 3 sets.** Use two 5 gallon buckets or any heavy object that you can hold in both hands. Ideally at least 50 pounds each.
 - Walk slow and steady keeping good posture. Walk as far as you can until your grip loosens or you feel you are unable to maintain proper posture.