

Off Season Conditioning Suggestions

No weights required (2x a week)

Warm up-5 minute jog/static stretch

5 sets/rounds-

1. Jump rope-(100x3 50x2)
2. Push-ups-Standard (to exhaustion +5) (Each round the same)
3. Burpees-10/9/8/7/6 (Each round subtract 1)
4. Mountain Climbers (100x2 50x3)
5. Air Squats (20 x 5)
6. Plank (45 seconds x 4 and until exhausting last round)
7. Navy Seal crawl (10 yards/30ft up and back)

Cool down: 1 mile jog

Weight room (3x a week)

Keep it simple! Basic Compound movements no need for anything fancy! Full body workout

Reps are more important than weight amount! Form/Technique is super important to prevent injury!

1. Bench Press- 3 sets of 15 (75% of max weight) (Warm up set with just bar to get blood in area)
2. Incline Dumb Bells- 3 set of 15
3. Tricep Extensions (free weight or machine) 3 sets of 15
4. Bicep Curls (Bar or Dumb bells)
5. Lat Pull downs to chest (shoulder/back)
6. Squats/Calf raises
7. Deadlifts (Must have good form to not hurt back)
8. Plank (to exhaustion at end of workout)
 - a. Time and try and beat it each session...Keep butt even with head and feet!

Everyday-

Rotator Cuff-

2.5lbs to 5lbs (absolute max) every day (1 set of 10-12 for each arm)

- Top to bottom
- Side to side