



Fowlerville High School Athletics

Please do these workouts on non-consecutive days. On days you do not do these workouts go for a minimal 1 mile run.

Begin each day with a dynamic warm up (10-15 yards)

- Jog down and back
- Floor sweeps down and jog back
- Knee pull to chest into a forward lunge and jog back
- Shuffle w/ Groin stretch down and back
- Quad stretch down and jog back
- Leg kicks down and jog back
- High knees down butt kicks back
- Carioca down and back
- Skip forwards down and skip backwards back
- Shuffle with arm swing across chest down and jumping jack arms on way back
- Sprint down and back 2x

The following exercises can be done in any order. You can do all your sets at once or even pair exercises together. Just remember, you should be working hard enough that you want and need the rest. So take it!

Day 1

Start with ab video https://www.youtube.com/watch?v=6auB47_9Kq4

Squat Jumps 3x8

Split Squat jumps 3x8 total

Push ups 3x until failure

Reverse Lunge 3x10each

Hand stand hold/push up 3x20sec

Hamstring Towel Curl 3x12

Finish w/ Ab video https://www.youtube.com/watch?v=6auB47_9Kq4

Day 2

Repeat Sprints 15-20 yards. 20 sprints at 30 second intervals. Take 1 minute break halfway through.

Pull ups 4x8 or 4 sets of 30 second hang

Squats 3x10

Side plank 3x30sec each

Alternating V-ups 3x45seconds

Push ups 3x until failure

Walking lunges 3x10each leg

Squat jumps 3x30seconds

Day 3

Drop jump 3x8

Broad jump 3x4

Double broad jump 3x3

Start with ab video <https://www.youtube.com/watch?v=gjxrwC9zsHY>

Nordic Hamstring curl 3x6

Push up (hardest variation you can do) 3x10

Single Leg squat (or split squat) 3x8each

Handing leg raise (or leg raises on floor) 3x12

Pull up 3x6

Finish with Tire flips or hammer swings or walking lunges (30 yards) 3 sets

MAKE IT A GREAT WEEK GLADIATORS!