

Spring High School Work outs for Extended Break

Workout D



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Dynamic Warm-up	Dynamic Warm-up	Dynamic Warm-up	Dynamic Warm-up	Dynamic Warm-up
10 Rounds	20 Rounds	30 Minute Jog	10 Rounds	10 Rounds
15 Body Squats	25 Push ups	20 - 40 Yard Sprints	10 Walking Lunges	5 Burpees
10 Lunges	50 Abs Any way	15 - 20 yard Sprints	10 Side Lunges	10 Diamond Push-ups
10 Prisoner Squats	Jog 50 yards between sets	10 - 10 Yard Sprints	15 Body Squats	10 Regular Push-ups
10 Dog Kicks	go from point to point	5-10-5 - 5 rounds	20 Crunches	20 Curls with 1 gallon water jug
20 Jumping Jacks	When done you will have	Rest Inbetween all Reps	20 Wide Mountain Climbers	10 Frontals with water Bottle
20 Mountain Climbers	1000 Abs - 500 pushups	30 seconds or more	20 High Knees	10 Laterals with Water Bottle
20 Zombies			20 Jumping Jacks	20 Plank Jacks
				20 Side to side Crunches
Jog 10 -12 Houses and back	Sprint 8-10 Houses	100 Crunches	Jog 10 -12 Houses and back	Sprint 8-10 Houses
Rest 90 Seconds round 1-5	Walk Back for Recovery	Static Stretch	Rest 90 Seconds round 1-5	Walk Back for Recovery
Rest 2 minutes rounds 6-10	Rest 90 Seconds Rounds 1-5		Rest 2 minutes rounds 6-10	Rest 90 Seconds Rounds 1-5
Static Stretch at End	Rest 2 minutes Rounds 6-10		Static Stretch at End	Rest 2 minutes Rounds 6-10
	Static Stretch at End			Static Stretch at End
Drink Plenty of Water	Drink Plenty of Water	Drink Plenty of Water	Drink Plenty of Water	Drink Plenty of Water
Eat Protiens - Meat ,	Eat Protiens - Meat ,	Eat Protiens - Meat ,	Eat Protiens - Meat ,	Eat Protiens - Meat ,
Peanut Butter , Etc.....	Peanut Butter , Etc.....	Peanut Butter , Etc.....	Peanut Butter , Etc.....	Peanut Butter , Etc.....