

Spring High School Work outs for Extended Break - B



Squats -- Go to Lowes, Home Depot and buy a 4X4 Fence Post and put on back

<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	10 Rounds	30 Minute Jog	10 Rounds	10 Rounds
10 Body Squats	5 Burpees	25 - 40 Yard Sprints	10 Scissor Lunges (in Rhythm)	5 Burpees
10 Walking Lunges	10 Spider-man Pushups	20 - 20 yard Sprints	10 Side Lunges	10 Finger tip Push-ups
10 Donkey Kicks	10 Regular Push ups	15 - 10 Yard Sprints	10 Body Squats	10 Regular Push-ups
10 Dog Kicks	15 Press overhead - weight	5-10-5 - 7 rounds	20 Crunches	20 Curls with 1 gallon water jug
20 Jumping Jacks	20 Dips on curb	Rest Inbetween all Reps	20 Wide Mountain Climbers	10 Frontals with water Bottle
20 Mountain Climbers	20 Side to Side Crunches	30 seconds or more	20 High Knees	10 Laterals with Water Bottle
20 Zombies	20 Plank Jacks		20 Jumping Jacks	20 Plank Jacks
	(Find something of weight to press overhead)		(Squat with a Weight --Mulch bag, Fence Post etc..)	20 Side to side Crunches
Jog 10 -12 Houses and back	Sprint 8-10 Houses	100 Crunches	Jog 12 minutes without stopping - like a snake	Sprint 8-10 Houses
Rest 90 Seconds round 1-5	Walk Back for Recovery	Static Stretch		Walk Back for Recovery
Rest 2 minutes rounds 6-10	Rest 90 Seconds Rounds 1-5			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.....