

Spring High School Work outs for Extended Break

Work out "E"



<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	15 seconds each below	10 Rounds	10 Rounds
10 Burpees	25 Push ups	2 foot bunny hop front,	10 Scissor Lunges (in Rhythm)	5 Burpees
20 Squats	50 Abs Any way	side to side, rt leg only,	10 Walking lunges	10 Diamond Push-ups
30 Lunges (15 each leg)	Jog 50 yards between sets	lft leg only , Tuck jumps	10 Squats	10 Regular Push-ups
40 Jumping Jacks	go from point to point		20 Crunches	20 Curls with 1 gallon water jug
50 Abs anyway desired	When done you will have	20 - 40 Yard Sprints	20 Wide Mountain Climbers	10 Frontals with water Bottle
Crunches , Zombies etc..	1000 Abs - 500 pushups	15 - 20 yard Sprints	20 Donkey Kicks	10 Laterals with Water Bottle
	If you did not get them all	10 - 10 Yard Sprints	20 Plank Jacks	20 Dips on Curb / Chair/ Bench
	last week try to get 25+	5-10-5 - 5 rounds	(Squat with a Weight --Mulch	20 Side to side Crunches
		Rest Inbetween all Reps	bag, Fence Post etc..)	
Jog 10 -12 Houses and back	Sprint 8-10 Houses	30 seconds or more		Sprint 8-10 Houses
Rest 30 Seconds round 1-5	Walk Back for Recovery	Static Stretch	Rest 90 Seconds round 1-5	Walk Back for Recovery
Rest 1 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	15 minute jog with out		Rest 2 minutes Rounds 6-10
	Static Stretch at End	stopping -- keep moving	Jog 12 minutes without	Static Stretch at End
			stopping - like a snake	
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.....