

Spring High School Work outs for Extended Break

Workout "C"



<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	20 Minute Jog	10 Rounds	10 Rounds
20 Body Squats	10 Burpees	25 - 40 Yard Sprints	10 Squats with weight	5 Burpees
20 Walking Lunges each one	10 Spider-man Pushups	20 - 20 yard Sprints	10 Side Lunges	10 Finger Tip Push-ups
20 Mountain Climbers	20 Dips on Curb	15 - 10 Yard Sprints	10 Lunges	10 Regular Push-ups
20 Plank Jacks	20 Jumping Jacks	5-10-5 - 5 rounds	20 Dog Kicks	20 Curls with 1 gallon water jug
20 Zombies	20 Regular Crunches	Rest Inbetween all Reps	20 Donkey Kicks	10 Frontals with water Bottle
Jog 10 Yards inbetween	20 Side to Side Crunches	30 seconds or more	30 Mountain Climbers Wide	10 Laterals with Water Bottle
each exercise - Jog 50 yards				20 Plank Jacks
after Zombies and start over				20 Side to side Crunches
	Sprint 8-10 Houses	100 Crunches	Jog 10 -12 Houses and back	Sprint 8-10 Houses
35 Minutes to get done	Walk Back for Recovery	Hands on thighs	Rest 90 Seconds round 1-5	Walk Back for Recovery
Jog 12 Minutes Straight after	Rest 90 Seconds Rounds 1-5	Static Stretch	Rest 2 minutes rounds 6-10	Rest 90 Seconds Rounds 1-5
5 minute break	Rest 2 minutes Rounds 6-10		Static Stretch at End	Rest 2 minutes Rounds 6-10
Static Stretch	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.....