

TUESDAY- WORKOUT

1. Warm Up:

- *Inchworm Push Up 3x8
- *PVC Pass through (use broom) 3x8
- *Ys & Ms 3x8 (use something about 5 lbs- bricks, books, wts..)

2. LIFT:

- *Push Up Complex =
-4x WideX5, RegularX5, DiamondX5 (burn out last set)
- *Shoulder Complex = (5lb wt. Bricks, Books,Wts...)
4x8 Front Raise, Lateral Raise, Curl to Press, Bent Over Fly
- *Bench Dips (use chair)=4x8 burn out last set

3. CORE:

- *Knee to Elbow Plank 3x10
- *Suit Case 3x20
- *Russian Twist 3x20

4. RUN:

- *Dynamic Warm Up
- *Sprint =
8x20 Yards
6x30 Yards
4x40 Yards
- *50 Second Run!
- *Skill Specific Change of Direction on your own.

