

3 day body weight workout for North Forsyth Football

Day 1

1) BW Shoulder Warm-Up

Spend roughly 30 seconds with each of the following movements:

Arm Circles Forward

Arm Circles Backward

Up & Back

Knee Hugs

1 Up, 1 Down

Move continuously for the full 2 and a half minutes. Focus on gradually opening up a complete range of motion (no need to push ROM right away, work into it!).

2) Leg Swings

10 each leg, in each direction

Use any wall or upright for balance instead of a PVC

3) Regular Push Up 5x5 (Concentrate on being perfect)

4a) Push Up Plank

4-Part Core Superset

3 Rounds of:

:30 Push Up Plank

:30 Each Side Elbow Plank

:30 Glute Bridge

Rest 1:00 Between Rounds

4b) Side Elbow Plank

:30 on each side per round

4c) Glute Bridge

:30 hold per round

5) Tuck Jump (Jump and tuck your knees to your chest)

4 x 3 Rep

Focus on AWESOME take off and landing mechanics!

7) Finisher

AHW Finisher #2

For Time:

10 Tuck Jumps

30 Push Ups

8 Tuck Jumps

20 Push Ups

6 Tuck Jumps

10 Push Ups

4 Tuck Jumps

5 Push Ups

2 Tuck Jumps

Finisher Briefing:

This will be relatively "quick" but DO NOT RUSH.

The focus is on awesome jumps with great landing mechanics and perfect push ups.

Reset between every jump rep, and break push ups into manageable chunks. Scale as needed!

Day 2

1) Dynamic Warm Up: Full Body

10 yards "walking" (or 15 seconds stationary) of each:

Walking Arm Circles Forward

Walking Arm Circles Backward

Knee Hugs

Side Lunges

Quad Pulls

Lunge & Elbow Drop

High Knees

Butt Kicks

2a) Regular Pushups

Pre-Hab/Stability Superset, 4 Rounds of:

10 Scap Push Ups

10 Scap Dips (Can use couch, stairs, chair, etc)

:30 Wall Sit

Rest as needed between rounds

2b) Bench Scap Dips

10 per round

Use a couch, chair, or anything else you might have available instead of a bench. Isolate the movement to just a shrug and extension of the shoulder blades.

2c) Wall Sits

:30 Per Round

Keep as still as possible, with hands off the knees, in a perfect squat form against the wall.

3) Lunges: Intro

3 x 6 Rep (3 each leg)

Focus on complete control and positioning. We will use the standard alternating forward lunge from a stationary position.

4) Finisher

AHW Finisher #3

10-9-8-7-6-5-4-3-2-1 Reps of:

Alternating Lunges (each leg)

Air squats

Finisher Briefing:

Perform 10 lunges on each leg, alternating (20 total), then 10 Air squats (or run up and down a flight of stairs, twice). Next set will be 9 and 9 and so on until you hit 1.

Lunges should be slow and steady with good form. Air Squats are not a fast movement, go at whatever pace lets you keep moving, same thing goes for running stairs instead.

Should be roughly 7-10 minutes of work.

Day 3

1) Line Hops: Full Progression

Using any line on the ground (real or imaginary) we will progress through the following hop variations in place for 20 seconds each.

1. 1 Foot Side to Side
2. 2 Foot Side to Side
3. 1 Foot Front to Back
4. 2 Foot Front to Back
5. Ali Shuffle

2) Dynamic Warm Up: Hips

"Walking" for 10 yards with each of:

Traveling spiderman

Hurdles forward

Hurdles back

Crab Walk (each side)

Duck walk

3) Squat Therapy (Slow squat)

5 x 3 Slow (:03) Reps

:30 Rest Between sets

Working our squat form, core stability and mobility all the way through our T-Spine all at once! Start FAR from the wall and perform 3 "3-count" reps (3 seconds to descend into the bottom). Rest, then reset and perform the next set. Get closer to the wall for more challenging reps.

4a) Elbow Plank

4-Part Core Superset

3 Rounds of:

1:00 Elbow Plank

30 Russian Twists (15 ea side)

:30 Single Leg Glute Bridge Each Side

Rest 1:00 Between Rounds

4b) Russian Twists

30 Slow reps per round (15 each side)

Movement is small - don't worry about a big range of motion, just strict control. Keep only the butt on the ground, turn the entire torso not just the arms and look at/touch the floor on each side.

4c) Single Leg Glute Bridge 3x3 (Each leg)

:30 hold per leg, per round

Focus on squeezing the glutes by pressing the heels into the ground and extending the hips fully.

5) Air Squat

:30 of slow, PERFECT air squats

6) Crunches 3x50

7) Finisher

AHW Finisher #9

10 Rounds for Time:

100m Sprint/10 Burpees

10 Air Squats

Finisher Briefing:

Nothing complicated here. Just hard work - perform your sprint (shuttle run of 50 and back works) or 10 burpees, followed by 10 Air Squats. Repeat 9 more times.

Don't think of the 100m or 10 burpees as a pure 100% sprint. Think about a strong but continuous pace.

Air Squats should be FLAWLESS, complete range of motion reps. Slow and steady, unbroken 10 reps each time.