\*\*\*\*\*Drills Noted with asterisk are not to be done by those suffering from Shin/Ankle issues)\*\*\*\*

**Plank Sets/Core:**

* **Superman** (both arms and legs lifted and help at the same time; while laying flat on stomach)
  + Lift and hold for 10 seconds (rest for 10 seconds and repeat) X’s 5
* **Superman Singles:** (alternating/opposite hand/leg combo; while laying flat on stomach)
  + Lift and hold 1 arm and opposite leg for 8 seconds and rotate/repeat) X’s 5.
* **Side Planks** (on side-lifted on elbow and side of foot (body flat parallel)
  + Lift and hold for 25 seconds, and alternate side (2 X’s for 20 seconds each)
* **Flutter-Kicks:** Laying flat on ground on your back\_Chin lifted on chest\_straight legs\_no bent knee’s\_flutter legs(like swimming)
  + Flutter legs for 30 seconds, and rest for 30- Repeat 3 X’s.
* **Leg Ladders:** Laying flat on back. Lift one leg at a time and use opposite arm to grab back of knee, then calf, then toe (hold at toe for 2 seconds to stretch calf).
  + Set of 10; then switch to other Leg/Arm ladder (set of 10 for each side; then rest for 20 seconds and repeat X’s 2).
* **Ab Stretch** (after 4 previous workouts) Laying flat on belly\_lift up only upper torso and rest with arms extended to stretch ab/core that has been constricted)
  + Lift and hold for 10 seconds (repeat 3 X’s for 10 seconds).

**Upper Body:**

* **Over Head Claps:** While standing. Hold arms out to side (parallel with chest/shoulders) Lift arms and clap overhead. When lowering the arms must not go below the start level).
  + Set of 20 \_ Rest for 20 seconds and repeat 3 X’s)
* **Lowering Push Ups:** In push up position. Slowly lowering body to ground, but not touching it) in a slow countdown from 10. (can be done on knees for assisted push up if applicable).
  + 5 sets with a 15 second rest in between each set.
* **Arm Circles/Rotations:** Hold arms out to sides (same as over head claps).
  + Rotating in small circles forward 10 times.
  + Rotating in small circles reverse 10 times.
  + Rotating in Big Circles forward for 10 times.
  + Rotating in Big circles reverse for 10 times.
    - Repeat in circuit for 2 times each with a 30 second rest between each set.

**Cardio/Leg Options:**

* **\*\*\*\*Prison Squats:** Hands behind head. Jump and lower into a squat, explode upwards and lower back into squat position. Keeping back straight and chest upright/not facing ground).
  + 25, then rest for 15 seconds, and repeat 3 times)
* **Romanian Dead Lift:** Standing. One arm extended in front of body; keeping back straight. Lean forward, and raise alternate leg backwards. Only go until stretch is felt. DON’T OVER EXTEND!
  + 2 sets of 10 to each side (20 total per side) no Rest in between. If easy\_can add to it by holding 2-5 lbs in hand of extended arm.
* **Single Leg Lunges:** Walking and lunging while alternating legs (not allowing knees to touch ground, and chest remaining upright/back straight).
  + 20 Feet in one direction, and walk back (repeat 2 X’s)
* **Mountain Climbers:** Stomach facing ground; upright on feet and hands (similar to push up position) Peddle/Pump Legs.
  + 30 seconds with a 10 second Rest\_ Repeat 3 times
* **Calf Bumbs:** While Standing. Raise and “bump” on toes. Not allowing Heels to touch the ground.
  + 30 seconds. Rest for 15 seconds and repeat 3 X’s
* **Running Burpee’s:** Running in place. High Knees (15 seconds) then do 3 Burpee’s
  + 2 minutes Straight-No rest until complete)
* **“Water Running”** (In Pool): Can be done with water weights, or a weighted vest
  + Running in waist-chest deep water (1 min w/1 min rest) Repeat 2x’s
  + Hopping: Hopping/Jumps in waist-chest deep water ( 20 ft and back) 2 Min. rest and repeat 2x’s
    - Can alternate and do Single, and double legs.
  + Skips: in waist-chest deep water: Single leg skips for 20 ft and back (1 min rest and repeat 2x’s).
* **Single leg Squats:** Standing with 1 leg extended in front of you, squat down with one leg, then alternate
  + 10 ft and back (repeat 2x’s
* **Quick Steps:** Standing. Quick, low to ground pumping steps (aim for 1 per second or faster)
  + 45 seconds with 30 second rest and repeat X’s 3.
  + Can do in front of stairs, and sprint up stairs at end and walk back down before rest.
  + Can alternate on stairs 1 time hit every step; next time every other.
* **Jump-Lunge:** Standing/same as Prison Squats (except dropping into alternating lunges.
  + 20 per leg. Rest for 1 min and Repeat X’s 2.
* **Stair Hops:** Standing in front of stairs. Hop up to top of stairs and walk back down
  + Alternate hitting every step, next set hit every other.
  + Can also go in repetitions (forward 3, down/back 2) until you get to the top; as well as up 3 and down 1.
* **Elliptical:** Starting for 5 min at level 3, gradually moving up 1 resistance level per 2 minutes until you get to Level 12-15.
* **Cardio Bike:** Casual Pace for a solid 30 min ride.

**Foot Drills (for Shin Splint Prevention and Assisting with Shin Splints): All with NO SHOES!**

* **Duck Walks** (Walk forward for 20 feet with toes pointed up, only heels touching ground. 4 times
* **Side Foot Walk**: On outside of foot first, then inside of foot. Same sets as Duck walks
* **Towel Pulls**: Sitting Upright with legs extended. Use a large towel to wrap under middle/arch of foot. Pull foot towards you for 10 seconds; then push foot away from chest/against towel for 10 seconds.
  + Repeat 3 times.
* **Towel Slides**: Using a towel/bare foot. Open up large towel fully to the outside of foot. Bottom corner at “pinky toe”. Only using toes to grab the towel, and heels are only part of foot touching the ground. Rotate ankle towards towel and grab the towel with toes. Pick up and rotate foot inside towards body.
  + Do this until the entire towel has been lifted and moved in between feet.
    - Repeat on both sides/feet X’s 2