



Spartan Football At-Home Work Out

Week 4



Mon., April 13	Tues., April 14	Wed., April 15	Thurs, April 16	Fri., April 17
<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Warm- up 2 sets Jumping Jacks x20 Squat jumps X20 Tuck Jumps x20 Burpees x 20</p> <p>Side Lunges 3x10 Plant to push up 3x10 Bench Dips 3x10 Step ups 3x10 Weighed overhead sit up 4x15 https://twitter.com/i/status/1240646228305641473</p> <p>Running 6 - 400's in 80 sec 5 min rest between or Run in place as fast as you can for 80 sec for 6 reps. 5 min rest between</p> <p>Plyometrics Rebounds 2 sets of 10 reps paused jumps 2 sets of 10 reps 3-hop & 5-hop 3 sets of each</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training 52 card deck or download app Red card- Push ups Set is the number on the card you flip Black Card- Squats Set is the number on the card you flip Jack- 100 Jump ropes. You can pretend if you don't have a jump rope Queen- Back hold for 20 Secs King- Skydiver 10 reps Ace- Star hold 18 Secs https://twitter.com/i/status/1242470115247095812</p> <p>Running 8 - 200's in 32 sec 3 min rest between Or Run in place as fast as you can for 32 sec for 8 reps. Rest 3 minutes between</p> <p>Plyometrics</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Running 6 - 300's in 60 sec 5 min rest between Or Run in place as fast as you can for 60 sec for 6 reps. Rest 5 minutes between</p> <p>Plyometrics Lateral Barrier Hops 2 sets of 10 reps Jump Squats 2 sets of 10 reps 1-Leg Line hops 2 sets of 10 reps each leg</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Mobility Circuit -Thread the Needle 3x5 -Squat & Reach for sky 3x5 - Lunge and Reach for sky 3x5</p> <p>Grocery Store Workout Lunge/ 1 arm press 100 reps Push up w/one arm row 100 reps Squats 100 reps or more https://twitter.com/i/status/1243191613070901254</p> <p>Running 6 - 150's in 20 sec 3 min rest between Or Run in place as fast as you can for 60 sec for 6 reps Rest 5 minutes between</p> <p>Plyometrics None</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Chair Side Step over 4x10 Step ups 4x10 each Push Up & Step Down 4x10 Lying Front Raises 4x10 1 Arm Back Burn 4x10 Super Mans 4x10 Dips 4x10 Tricep Ext 4x10 Glute Bridge 4x10 https://twitter.com/i/status/1243544688528887813</p> <p>Running 4 - 200's in 30 sec 3 min rest between Or Run in place as fast as you can for 30 sec for 4 reps Rest 3 minutes between</p> <p>Plyometrics Tuck Jumps 2 sets of 10 reps Power Skips 2 sets of 10 reps each leg Lunge Jumps 2 sets of 10 reps</p> <p>Static Stretch (Your Choice)</p>