



Bow Youth Football

Recommended Summer Wellness Series

- ** Prior to any fitness program it is highly recommended for medical clearance by your Doctor.
- ** Make sure you have stretched out before and after your workout and that you should have plenty of fluids (water, juice, Gatorade) with you. No soda!!
- ** Make sure you do these workouts in the morning or early evening when it is not too hot and your supervised by your parents/guardian.

July 4 - July 15

- ½ mile jog or treadmill: 2 times a week
- push ups and sit ups: 2 times a day 5 sets of 12 of each
- 20 yard sprints: 15 second rest between sprints - 12 sprints

July 18 - July 29

- 1 - 1½ mile jog or treadmill: 2-3 times per week
- push ups and sit ups: 2 times a day 6-8 sets of 15 of each
- 10 yard sprints: 10 second rest between sprints - 16 sprints

Aug. 1 - Aug. 9

- 1 - 1½ mile jog NO treadmill: 3 times a week
- push up and sit ups: 2 times a day 10 sets of 12 of each
- 10 yard sprints 10 seconds rest between sprints - 10 sprints
- 5 yard sprints 6 seconds rest between sprints - 8 sprints