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| **Week 1 (June 5 – June 11)** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Cardio  Run 1 lap non stop | Flutter kicks  30 sec/3 sets | Cardio  Run 1 lap non stop | Flutter kicks  30 sec/3 sets | Cardio  Run 1 lap non stop | Flutter kicks  30 sec/3 sets |
| Mt Climbers  30 sec/3 sets | Side plank  30 sec/3 sets | Mt Climbers  30 sec/3 sets | Side plank  30 sec/3 sets | Mt Climbers  30 sec/3 sets | Side plank  30 sec/3 sets |
| Pushups  30 sec/3 sets | Burpee w/ pushup  30 sec/3 sets | Pushups  30 sec/3 sets | Burpee w/ pushup  30 sec/3 sets | Pushups  30 sec/3 sets | Burpee w/ pushup  30 sec/3 sets |
| Wall Sits  30 sec/3sets | Lateral plank walk  30 sec/3 sets | Wall Sits  30 sec/3sets | Lateral plank walk  30 sec/3 sets | Wall Sits  30 sec/3sets | Lateral plank walk  30 sec/3 sets |
| Block Jumps  30 sec/3 sets | Leg Throws  30 sec/3 sets | Block Jumps  30 sec/3 sets | Leg Throws  30 sec/3 sets | Block Jumps  30 sec/3 sets | Leg Throws  30 sec/3 sets |
| Lunges  30 sec/3 sets |  | Lunges  30 sec/3 sets |  | Lunges  30 sec/3 sets |  |
| High Knees  30 sec/3 sets |  | High Knees  30 sec/3 sets |  | High Knees  30 sec/3 sets |  |
| **Week 2 (June 12 – June 18)** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Run 2 laps with 1 sets of bleachers | Flutter kicks  30 sec/4 sets | Run 2 laps with 1 sets of bleachers | Flutter kicks  30 sec/4 sets | Run 2 laps with 1 sets of bleachers | Flutter kicks  30 sec/4 sets |
| Mt Climbers  30 sec/4 sets | Side plank  30 sec/4 sets | Mt Climbers  30 sec/4 sets | Side plank  30 sec/4 sets | Mt Climbers  30 sec/4 sets | Side plank  30 sec/4 sets |
| Pushups  30 sec/4 sets | Burpee w/ pushup  30 sec/4 sets | Pushups  30 sec/4 sets | Burpee w/ pushup  30 sec/4 sets | Pushups  30 sec/4 sets | Burpee w/ pushup  30 sec/4 sets |
| Wall Sits  30 sec/4 sets | Lateral plank walk  30 sec/4 sets | Wall Sits  30 sec/4 sets | Lateral plank walk  30 sec/4 sets | Wall Sits  30 sec/4 sets | Lateral plank walk  30 sec/4 sets |
| Block Jumps  30 sec/4 sets | Leg Throws  30 sec/4 sets | Block Jumps  30 sec/4 sets | Leg Throws  30 sec/4 sets | Block Jumps  30 sec/4 sets | Leg Throws  30 sec/4 sets |
| Lunges  30 sec/4 sets |  | Lunges  30 sec/4 sets |  | Lunges  30 sec/4 sets |  |
| High Knees  30 sec/4 sets |  | High Knees  30 sec/4 sets |  | High Knees  30 sec/4 sets |  |
| Conditioning begins: Aug 4 @10a  Volleyball Tryouts: **Aug 10 @ 10:00a**  Goals:  To Run 1 mile without stopping  Proper form Pushups 12 minimum  Proper form Crunches 40 in 60 seconds  Proper form Approach & Block Jump 45 seconds continuous  Proper form core skills: Passing, Setting, Serving Down-ball | | | | | |
| **Week 3 (June 19 – June 25)** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Run 3 laps with 2 sets of bleachers | Flutter kicks  1 min/2 sets | Run 3 laps with 2 sets of bleachers | Flutter kicks  1 min/2 sets | Run 3 laps with 2 sets of bleachers | Flutter kicks  1 min/2 sets |
| Mt Climbers  1 min/2 sets | Side plank  1 min/2 sets | Mt Climbers  1 min/2 sets | Side plank  1 min/2 sets | Mt Climbers  1 min/2 sets | Side plank  1 min/2 sets |
| Pushups  1 min/2 sets | Burpee w/ pushup  1 min/2 sets | Pushups  1 min/2 sets | Burpee w/ pushup  1 min/2 sets | Pushups  1 min/2 sets | Burpee w/ pushup  1 min/2 sets |
| Wall Sits  1 min/2 sets | Lateral plank walk  1 min/2 sets | Wall Sits  1 min/2 sets | Lateral plank walk  1 min/2 sets | Wall Sits  1 min/2 sets | Lateral plank walk  1 min/2 sets |
| Block Jumps  1 min/2 sets | Leg Throws  1 min/2 sets | Block Jumps  1 min/2 sets | Leg Throws  1 min/2 sets | Block Jumps  1 min/2 sets | Leg Throws  1 min/2 sets |
| Lunges  1 min/2 sets | Plank with arm extension  1 min/2 sets | Lunges  1 min/2 sets | Plank with arm extension  1 min/2 sets | Lunges  1 min/2 sets | Plank with arm extension  1 min/2 sets |
| High Knees  1 min/2 sets |  | High Knees  1 min/2 sets |  | High Knees  1 min/2 sets |  |
| **Week 4 (June 26 – July 2) & beyond** | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Run 4 laps with 3 sets of bleachers | Flutter kicks  1 min/3 sets | Run 4 lap with 3 sets of bleachers | Flutter kicks  1 min/3 sets | Run 4 lap with 3 sets of bleachers | Flutter kicks  1 min/3 sets |
| Mt Climbers  1 min/3 sets | Side plank  1 min/3 sets | Mt Climbers  1 min/3 sets | Side plank  1 min/3 sets | Mt Climbers  1 min/3 sets | Side plank  1 min/3 sets |
| Pushups  1 min/3 sets | Burpee w/ pushup  1 min/3 sets | Pushups  1 min/3 sets | Burpee w/ pushup  1 min/3 sets | Pushups  1 min/3 sets | Burpee w/ pushup  1 min/3 sets |
| Wall Sits  1 min/3 sets | Lateral plank walk  1 min/3 sets | Wall Sits  1 min/3 sets | Lateral plank walk  1 min/3 sets | Wall Sits  1 min/3 sets | Lateral plank walk  1 min/3 sets |
| Block Jumps  1 min/3 sets | Leg Throws  1 min/3 sets | Block Jumps  1 min/3 sets | Leg Throws  1 min/3 sets | Block Jumps  1 min/3 sets | Leg Throws  1 min/3 sets |
| Lunges  1 min/3 sets | Plank with arm extension  1 min/3 sets | Lunges  1 min/3 sets | Plank with arm extension  1 min/3 sets | Lunges  1 min/3 sets | Plank with arm extension  1 min/3 sets |
| High Knees  1 min/3 sets |  | High Knees  1 min/3 sets |  | High Knees  1 min/3 sets |  |
| *Come prepared, in shape, and ready to work.*  Please complete all athletic paperwork & physicals prior to tryouts  *Tryouts are MANDATORY. If you think you might miss a day, you MUST call/text Parsons in advance @*  *530-514-2289 to be excused. Absences will help decide who gets cut.* | | | | | |

How to do the exercises

**Mt Climbers**

1. Get into plank position. Get down on the floor on your hands and knees. ...
2. Pull one knee up and in toward your midsection. Lift one foot and begin bending the knee as you pull it up between the front of your body and the floor. ...
3. Repeat the action with your other knee. ...
4. Continue alternating the movement with both knees.

**Wall Sits**

1. Make sure your back is flat against the wall.
2. Set your feet about shoulder-width apart and then about 2 ft out from the wall.
3. Slide your back down the wall, bending your legs until they're in a 90 degree angle—or as close as you can get! ...
4. HOLD your position, while contracting your abs

**Block Jumps**

1. Stand with feet shoulder width apart
2. Bend knees slightly and put your hands up in front of your chest (palms facing out/thumbs facing up)
3. Drop into a 90 degree angle squat
4. Jump as high as you can and reach your hands up as high as you can – keeping your core tight

**High Knees**

1. Stand with feet shoulder width apart with chair/bench in front of you
2. Place your right foot on the chair balancing on your left foot
3. In a skipping motion, switch your left foot and right foot
4. If this is challenging – start with both feet on the floor and drive one foot up to the bench, touch and bring back to the floor (repeat 10x and switch feet)

**Flutter Kicks**

1. Lie on your back, hands at your sides or under your tailbone.
2. Scissor kick both legs simultaneously – making sure there is at least a 12” distance between them
3. Keep your abs engaged

**Side Plank**

1. Lie on your right side and prop yourself up onto your right forearm, which should be on the ground. Your elbow should be in line with your shoulder.
2. Raise your hips up so that your body forms a straight line to the ground, and along with the floor, your body forms a triangle shape.
3. The sides of your right foot will also be braced on the ground. You can try stacking your left foot on top of your right foot, or placing both feet on the ground.

**Plank with arm extension**

1. From the classic plank pose
2. Take your right hand off the ground and lightly tap your left shoulder using your left arm and toes to balance.
3. Return your right hand to the ground, and repeat the action on your opposite side.

**Burpee with Pushup**

1. Get into the top or start of a pushup position.
2. Keep your palms and toes firmly planted on the ground, your back straight, and your core tight.
3. A saggy back or bottom during a plank can result in lower back pain later on, so be sure not to compromise your form.
4. Do not let your head sag.
5. Do a push up
6. Hop your feet up to between your hands
7. Jump into the air reaching hands as high as possible
8. Get back into pushup position

**Lateral Plank Walk**

1. Begin in plank position with your hands underneath your shoulders, and your body in one straight line.
2. Simultaneously cross your right hand toward the left as you step your left foot out to the left.
3. Then simultaneously step your left hand and right foot to the left, returning to the plank position.
4. Your hands move together as your feet step apart.
5. Take two more steps in this direction, keeping your abs pulled toward your spine and your pelvis level.
6. Reverse directions taking three steps the right.

**Leg Throws/Leg Raises**

1. Lay down with your back flat against the ground.
2. Have your partner stand above your head.
3. Keeping your legs straight lift them up so that your feet are pointed at the ceiling.
4. Partner pushes your feet back down, stop feet 6” above the ground and then lift them back up again.
5. If partner isn’t available – you can do these on your own but they will be less effective