

Day 1

Cardiovascular Option 1:

Warm up with a Jog/run for 0.5 -1 mile at an easy pace

Next begin interval training: light jog for 1 min then 1 min at a 75% run/sprint pace. Continue for about 10 minutes or about 1.5 miles.

Cool down a 5-10 min jog.

Cardiovascular Option 2:

20-30 minutes bike or swim

Strength and Conditioning:

1. Push-ups 5 x 10 (vary your arm position: wide, close, incline, decline, finger-tip)
2. Inch-worm 2x 10 meters with 1 push- up in between
 - Start with your feet together and keeping your legs as straight as you can, place your hands flat on the ground in front of your toes. Keep legs straight as you slowly walk your hands out until you reach proper push- up position. Perform one push up. Again keeping your legs straight walk or hop your feet up to your hands and repeat exercise. Do this for 10 meters, rest, turn around and inchworm back to start.
3. Body squats 3 x 10 (vary stance: wide(hip width), medium(shoulder width), narrow(feet very close together))
 - Be sure to remember proper technique and positioning. **SHOULDERS OVER KNEES OVER TOES.** This means that your shoulders should not go past your knees. Your knees should not go past your toes. Your feet should be parallel to each other with toes forward or slightly turned out. To perform the squat, you should drop your level (butt back) as if you were going to sit back into a chair – you can put a chair behind you as a guide if you need it. Lower your body so that your knees are bent just above 90 degrees. **NEVER SQUAT DEEPER THAN 90 DEGREES.**
4. Abdominal Crunches 50x
 - Lay on your back and cross arms across your chest or place your hands loosely behind your head. Be careful not to pull up on your head, as this can put strain on your neck. Next lift chest up towards the ceiling. Your shoulders should come off the ground about 4 inches. You do not need to sit-up all the way.

Flexibility

Hamstring stretch

- Lying on back, hug one knee up to chest. Keeping knee to chest, straighten the knee as far as possible to feel a stretch in

the back of the upper leg. Hold, bend knee back down, and repeat.

Quadriceps stretch

- Standing on one foot, using a wall or chair for balance, grab the ankle of the other foot and pull towards your butt. Keep your knees aligned and stomach tight (do not arch back). You should feel a stretch along the front of the thigh.

Calf stretch

- Stand facing a wall, with one foot ahead of the other. Use both hands on the wall to push the heel of the back foot towards the ground. You should feel a stretch along the back of your lower leg into your Achilles.

Figure Four stretch

- Lying on back, cross one ankle over the opposite knee to form an upside-down 4. Then reach through the hole and grab your hamstring of the straight leg. You can then relax this leg as you pull towards your chest. You should feel a stretch in the glutes of the opposite side.

Upper body stretches

- Cross one arm across the chest and use the other arm to pull it towards the chest. Grab either below or above the elbow joint. You should feel a stretch in your shoulder and triceps.

Day 2

Cardiovascular Option 1:

Magic squares – find a football or soccer field (40-50 meters in length).

Walk the first side

Jog the second side

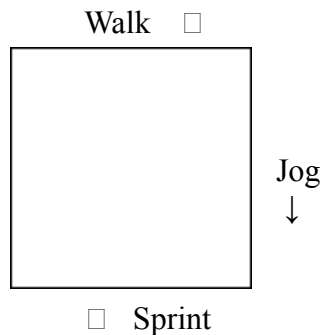
Sprint the third side

Walk the fourth side

Jog the next side,

And so on....do this for 10 laps.

Cool down with a 5-10 min jog



Cardiovascular Option 2:

20-30 minutes bike or swim

Strength and Conditioning:

1. In and Out Abs

- Start with body in proper push up position. Hands should be shoulder width apart and placed directly under shoulders; feet should be close together and your body should be straight. Be sure to keep your buttocks down and your abdominal muscles tight. So not let your back arch. From this position bring your knees to your chest, hopping feet forward. Then hop feet back and resume push up position. These should be done quickly but in control.

2. Rocket Jumps

- Feet should be shoulder width apart with toes facing forward.. Your body should be in a similar position as the body squat as you lower your level. **SHOULDERS OVER KNEES OVER TOES**. From the squat, explode through the legs upwards into full extension, bringing your arms high over your head. As you land, be sure to maintain proper positioning. Legs shoulder width apart, **SHOULDERS OVER KNEES OVER TOES!**

3. Calf Raises

- Stand with your toes facing forward on the edge of a step. (Please hold onto a railing for balance if needed!) Slowly lower your heels as far as you can go and then rise up on your toes as

high as you can go. Do this 15x. Then turn toes inwards and repeat 15x. Turn toes outwards and repeat exercise 15x. Repeat. You can do 2 -3 sets of 3x15 repetitions at varying toe positions.

4. Supermans

- Lay face down on a hard surface, with your arms and legs extended. Simultaneously lift arms/chest and legs off the ground. Hold for 2 seconds (one Mississippi....two Mississippi...etc) and relax. Repeat 30x

Flexibility

Hamstring stretch

Quadriceps stretch

Calf stretch

Figure Four stretch

Upper body stretches

Day 3

Cardiovascular option 1:

Warm up with a 5-10 minute jog.

Suicides on football or soccer field:

Run 5 meters and back

Run 20 meters and back

Run 50 meters and back

Run 100 meters and back

Run 50 meters and back

Run 20 meters and back

Run 5 meters and back

Cool down with 5-10 minute jog.

Cardiovascular Option 2:

20-30 minutes bike or swim

Strength and Conditioning:

1. Triceps Dips

- Find a set of steps, bleacher, a bench or a chair for this exercise. Sit with legs extended and hands by your hips on the edge of the bench. Keep your hands on the bench as you slide your body forward so that body is balance by your hands on the bench and the heels of your feet out in front of you(you may have to move your feet out further as needed). Keeping your legs straight and abs tight, slowly lower your body/buttocks to the ground. Using your arms and keeping your body in the same position push back up to original start position. Try to keep your elbows in as you perform the exercise. Perform 3 sets of 15 repetitions.

2. Bicycles

- Lay on your back with hands behind your head. Bring one knee up and touch to opposite side elbow. Repeat on the other side. Do this 50x.

3. DB toe touches

- Lay on your back with your hips flexed at 90 degrees and your legs extended towards the ceiling. With toes flexed reach up with your hands and touch your toes. Your shoulders should come off the ground. Slowly lower shoulders. Repeat 50x.

4. 4 part crunch up and down

- This is basically a sit up broken up into four parts. Lay on your back with knees bent and feet on the floor. Place your hands either behind your head or across your chest. Using your abdominal muscles lift your shoulders off the ground and hold for 2 seconds. Crunch up another 6 inches and hold for 2 seconds. Continue to sit all the way up. Next slowly lower body down and hold a quarter of the way down (2 seconds). Lower another 6

inches and hold for 2 seconds. The exercise is complete once you lower your shoulders back to the ground. Do this 25x.

5. Wall squats

- Rest back against a stable wall. Place feet shoulder width apart and far enough out from the wall that when squatting down to 90 degrees, your knees do not go past your toes. To perform the exercise, drop your level so that your knees are bent just above 90 degrees and as if you were sitting on a chair. Use the wall as a support. Keep your abs tight and knees parallel.

Flexibility

Hamstring stretch

Quadriceps stretch

Calf stretch

Figure Four stretch

Upper body stretches