



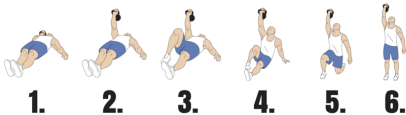
Pre-Season Conditioning

Week 1 (Daily – weekdays only)

1. 5 min dynamic warmup (high knees, carioca/grapevine, butt kickers, skipping)
2. Farmer Walk: Carry two equal dumbbells, kettlebells, or two other things with equal weight for 150 ft. – 3 sets
3. Pull Ups (Overhand grip): max reps – 3 sets
4. Walking Dumbbell Lunges: 10 reps ea. leg – 3 sets
5. Push Ups: max reps – 3 sets
6. Jump Rope: sprint for 1 min – 6 sets
7. Suitcase Squats: (keep back straight and head/chest up) 3 sets of 12
8. Knee Tuck Jumps: 3 sets of 20
9. Sprint 400 meters, walk 200 meters: 6 sets
10. Stretch

Week 2 (Daily – weekdays only)

1. 5 min dynamic warmup (high knees, carioca/grapevine, butt kickers, skipping)
2. Squat Jumps: 10 per leg – 3 sets
3. Turkish Get-Up (hold a weight or manageable household item) – 5 per side, 3 sets



4. Stair Sprints (sprint up / jog or walk down): 2 min on, 1 min rest – 3 sets
5. Planks: 1 min – 3 sets
6. Bodyweight Squats: 50-100 – 3 sets
7. Chin-Ups (underhand grip): 3 sets x Max Reps
8. Narrow hands Push Ups: 3 sets - Max Reps
9. Run 1 mile as fast as possible
10. Stretch

Saturdays:

1. 5 min dynamic warmup (high knees, carioca/grapevine, butt kickers, skipping)
2. Jog 20-30 min
3. Stretch

Sundays: Rest