

Mt. Olive Football School Closure Workouts:

Here are 5 workouts that you can do with little or no weights. You should perform 1 every day. Also, we posted our spring lifting program if you do have access to weights. If you do the Lifting workout then it should be done no more than 3x's per week. You can substitute one of these workouts on your off days. If you have a question email me brian.oconnor@motsd.org or on Remind or Coach Benfatti dave.benfatti@motsd.org

Workout 1:

50 Conan's (45lbs)

40 Thrusters (95lbs)

30 Push Press (145lbs)

20 Zercher Squats (135lbs)

10 Deadlifts (185lbs)

Then back up at the same weight, 10 DL, 20 Zercher, 30 PP, 40 Thrusters and Finally 50 Conan's.

Workout 2:

4 rounds of one-minute work for each exercise:

Push Press 95lbs, Front Squat 95lbs, V Ups, Kettle Bell Swings.

Rest 1 minute in between each round then repeat. Get as many reps as you can in 1 min.

Workout 3: (Cardio & Strength)

30 min. EMOM

5 Pull ups, 10 Push-ups, 15 Air Squats

Workout 4: (Cardio)

4 rounds for time;

25 Burpees, 50 Mountain Climbers, 25 Burpees.

Workout 5: (Cardio & Core)

7 rounds of exercises for 7 reps.

Hand release push-ups, Burpees, Plank Jacks, Kips, In and Outs, Knee Tucks and Power Outs.

*Don't perform the same workouts every day and try to workout out 6 days a week. If you can't do an exercise then be creative and improvise.