



HAUS at HOME TRAINING PROGRAM

CONDITIONING (see instructions below)

CONDITIONING #1: MEDICINE BALL			CONDITIONING #2: BODY WEIGHT			CONDITIONING #3: 1 DUMBBELL		
PERFORM DYNAMIC WARM UP BEFOREHAND			*PERFORM DYNAMIC WARM UP BEFOREHAND*			*PERFORM DYNAMIC WARM UP BEFOREHAND*		
MB WALKING LUNGES MB SLAMS MB 1-LEG STIFF LEG DEADLIFT MB ALTERNATING LATERAL LUNGES MB FULL SITUPS + PRESS (LEGS STRAIGHT) MB OVER HEAD PRESS TO BURPEE WITH PUSHUPS			PUSH UPS MT CLIMBERS SPLIT STANCE JUMPS (with exchange) BACKWARDS CRAWLING SQUAT JUMPS IRON CROSS ALTERNATING SIDE TO SIDE LATERAL PLANK			DB ALTERNATING FORWARD LUNGE DB ROW PLANK POSITION DB SPLIT STANCE JUMPS (with exchange) DB HALOS DB SQUATS TO CALF RAISE DB 2-ARM FRONT RAISE DB SQUAT JUMPS		
DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:	ROUNDS:

BODY WEIGHT STRENGTH TRAINING - 3 Set of Each Exercise

PERFORM DYNAMIC WARM UP BEFOREHAND		*PERFORM DYNAMIC WARM UP BEFOREHAND*		*PERFORM DYNAMIC WARM UP BEFOREHAND*	
STRENGTH #1		STRENGTH #2		STRENGTH #3	
SQUAT with :10sec Lower	x12	REVERSE LUNGE, Hold Last Rep :30sec	x20/leg	WALKING LUNGES	x12/leg
PUSH UP with :10sec Lower	x12	2-ARM LATERAL RAISE with :10sec Hold	x15	PUSH UP HOLD at the bottom	:30sec
SPLIT SQUAT with :6sec Lower	x12/leg	LATERAL SQUAT with :6sec Lower	x12/leg	2-LEG STIFF LEG DEADLIFT	x12
PLANK WALK OUTS	x15	2-ARM OVERHEAD PRESS with :6sec Lower	x12	SQUAT HOLD	:30sec
1-LEG STIFF LEG DEADLIFT with :6sec Lower	x12/leg	GLUTE BRIDGE WALKOUTS	x20	1-ARM BENT OVER ROW	x10/arm
TRICEP DIPS with :5sec Lower	x12	1-LEG GLUTE BRIDGE with :6sec Lower	x15/leg	1-LEG CALF RAISE	x15/leg
CORE:		CORE:		CORE:	
IRON CROSS	x20/side	2-LEG, LEG LOWER	x20	LOW TO HIGH PLANK	x10/arm
SIDE PLANK HIP DIPS	x20/side	SIDE LYING CRUNCH	x20	LATERAL PLANK WALK	x10yds/side

SPEED & PLYOMETRIC TRAINING (see instructions below)

PERFORM DYNAMIC WARM UP BEFOREHAND		*PERFORM DYNAMIC WARM UP BEFOREHAND*		*PERFORM DYNAMIC WARM UP BEFOREHAND*	
SESSION 1:		SESSION 2:		SESSION 3:	
Explosive Start into 10-yard Sprint (forward facing start, rest = walk back to start)	Set #1: 6x10 yds.	20-yard Sprint (cross-over start, rest = walk back to start)	Set #1: 5x20 yds.	30-yard Sprint (cross-over start, rest = walk back to start)	Set #1: 4x30 yds.
	Set #2: 6x10 yds.		Set #2: 5x20 yds.		Set #2: 4x30 yds.
	Set #3: 6x10 yds		Set #3: 5x20 yds.		Set #3: 4x30 yds.
* Rest between sets = 1:30		* Rest between sets = 1:30		* Rest between sets = 1:30	
Hop (aka, 1-Leg) with Deceleration Emphasis (focus on soft landing)	4x5/leg	Forward Lunge A March	3x10/leg	Snapdowns SL Landing and Lateral Stick	3x5/side
Split Squat Jump for Height (no exchange)	4x4/leg	Squat jumps for height w/ reset	4x6	1-Leg Pogos	3x15/leg
Lateral Lunge Drive Back to Base (intentional foot strike)	4x8	Jump over hurdle into lateral bound	4x5/leg	Linear Bounds	4x10 bounds
Lateral Bound to Linear Bound Acceleration	6x/side	Lateral Bounds to Forward Acceleration - 5-10 yds	x5/side	Linear Bounds into Sprint - 10-15yds	x6-8

CONDITIONING

LEVEL 1 Work :10sec + Rest :10sec x5 Rounds

Perform each exercise for 10 seconds rest 10 seconds between each. Rest 90 seconds between each round. Complete 5 rounds.

LEVEL 2 Reps x10 + Rest :10sec x5 Rounds

Perform each exercise for 10 repetitions and rest 30 seconds between each. Rest 90 seconds between each round. Complete 3 Rounds.

LEVEL 3 Work :20 + Rest :10sec x3 Rounds

Perform each exercise for 20 seconds straight and rest 10 seconds between each. Rest 90 seconds between each round. Complete 3 Rounds.

LEVEL 4 Work :30 + Rest :10sec x3 Rounds

Perform each exercise for 30 seconds straight and rest 10 seconds between each. Rest 90 seconds between each round. Complete 3 Rounds.

BODY WEIGHT STRENGTH TRAINING

EXERCISE

Walking Lunges

Lateral Plank Walk

2 Leg Stiff Leg Deadlift

Low Plank to High Plank

1 Arm Bent Over Row

1 Leg Calf Raise

BW Squat ISO Hold

Push Up Hold

DETAILS

Hold weight goblet style near chest

Keep hips level

Hold weight on side of hips or low in front

Start on forearms, end in high plank

Lean against chair or couch

Use stairs to get full range of motion, slow and controlled

Hold at bottom

Hold at bottom, 2 inches from home

SPEED AND PLYOMETRIC TRAINING

PROGRAM #1

Explosive Start in 10-yard Sprint: Start half of the reps with Left leg forward and half with Right leg forward. Knees up toes up, drive through 10 yards each rep.

Hop with Deceleration focus: Start straight legged on one foot. Drop hips, bend knee, load up, and explode. Drive knee to chest in air. Land softly with toes up and on ball of foot.

Split Squat Jump for Height (No Exchange): Start in split position and back leg extended in a lunge. Explode off ground drive knee to chest in air. Land with both feet at the same time.

Lateral Lunge Drive Back to Base: Use stair or chair for stable foot. Fall lateral drive foot in ground. Explode back to base quick.

Lateral Bound to Linear Bound Acceleration: Start on one leg, bound to lateral to other leg and back, bound forward on same leg accelerate out.

PROGRAM #2

20-Yard Sprint (Cross-over): Start half of the reps with Left leg forward and half with Right leg forward. Drive opposite knee towards opposite hip. Knees up toes up, drive and accelerate.

Forward Lunge A March: Lunge forward, knees over toes, drive up, lock in knee up toe up, 2 quick high knees.

Split Squat Jumps for Height: Start in split position, half of the reps with each leg forward. Drive feet in ground and jump for height. Land in flexion, reset start stance each rep.

Jump Over Hurdle into Lateral Bound: Jump off of two feet over an object. Land on one foot, bound out lateral to other foot. Stick landing from lateral bound.

Lateral Bound to Forward Acceleration: Drive foot in ground bound back, open knee and point toe, accelerate out.

PROGRAM #3

30 Yard Sprint (Cross-over): Start half of the reps with Left leg forward and half with Right leg forward. Drive opposite knee towards opposite hip. Knees up toes up, drive and accel. Sprint through 30-yards.

Snapdowns SL Landing and Lateral Stick: Start with legs fully extended. Snapdown to base, jump lateral over object. SL landing and stick on outside foot.

1 Leg Pogos: Right Leg and Left Leg on their own. Toes up using the ball of the foot, hop quickly and intently off of the ground.

Linear Bounds: Alternating steps, knee up toe up. Go for height and distance, aim for a 45 degree angle. Drive foot into ground each step with power. Drive knees with each bound.

Linear Bounds into Sprint: Start in split stance position with each leg forward for half of the reps. 4 bounds linear into a sprint.