

## Off-season Strength Week 1

1. **Warmup:** Your choice of activity. You should begin to sweat by the end of your warmup. That means you are ready to go.
  - a. Examples: easy bike spin, balance board, juggle.
  - b. I like to do some extra foam rolling with a mindfully engaged core (can get you warmed up in a hurry)
2. **Core:** (3 sets each exercise)
  - a. **6 pack:** Plank (30sec holds)



- b. **Obliques:** Side Plank (30 sec holds each side)



- c. **Back:** Superman (Hold for 10 seconds x3 each set)



3. **Push/Pull:**
  - a. **Push:** Pushups 10-15 reps per set



- b. **Pull:** Pullups if you have a bar (1-10reps/set), bent rows if no pullup bar (15 reps). Use household items if you don't have weights at home. Lightly flex your lower abs to stabilize your core while bending over.



4. **Squat:** Body weight or front weighted squat 3x10 reps (with kettlebell, dumbbell, full milkjugs, whatever. Just start light this week)



5. **Deadlift:** 3x10 reps (Start light, use weighted bar or kettlebell if you have it, or other household items)



6. **Explosive movement:** Lunges 3x10 reps each side



7. **Soft tissue work:** (5-10min)

- a. Foam roll (muscle massage gun if you have one)
- b. Stretch (make sure to include both the front and back of your legs and your low back)
- c. Meditate/practice mindfulness (check out the calm or mindspace apps)