

## **WEIGHT ROOM WARMUP**

**DSP** PHASE 1 WEEK 1 - 2

<b><u>BODY WEIGHT MOVEMENTS</u></b>	<b><u>SETS</u></b>	<b><u>REPS (YOUTH)</u></b>	<b><u>REPS (HIGH SCHOOL)</u></b>
JUMPING JACKS	1	15X	25X
SQUATS	1	15X	25X
GOOD MORNINGS	1	15X	25X
KNEE HUGS	1	10X (EACH LEG)	15X (EACH LEG)
FRANKENSTEINS	1	10X (EACH LEG)	15X (EACH LEG)
LUNGE FORWARD	1	10X (EACH LEG)	15X (EACH LEG)
LUNGE SIDEWAYS	1	10X (EACH LEG)	15X (EACH LEG)
PUSH UP & ROTATE FORWARD / BACKWARD	1	8X (EACH ARM)	14X (EACH ARM)

<b><u>CORE</u></b>	<b><u>SETS</u></b>	<b><u>REPS (YOUTH)</u></b>	<b><u>REPS (HIGH SCHOOL)</u></b>
SKY TOUCHES	2 OR 3	15X	MIN. 30X
RUSSIAN TWIST	2 OR 3	30X	MIN. 60X
KNEES TO CHEST	2 OR 3	15X	MIN. 30X
SUPERMAN	2 OR 3	15X	MIN. 30X

<b><u>LADDERS</u></b>	<b><u>SETS</u></b>
2 FEET FORWARD	1 OR 2 SETS DOWN & BACK
2 FEET SIDEWAYS	1 OR 2 SETS DOWN & BACK
ALI SHUFFLE	1 OR 2 SETS DOWN & BACK
ICKY SHUFFLE	1 OR 2 SETS DOWN & BACK
HOP SCOTCH	1 OR 2 SETS DOWN & BACK