

A. Chest

1. **Bench Press:** <https://www.howcast.com/videos/492260-how-to-bench-press-correctly-bodybuilding>
2. **Dumbbell Bench Press:** <https://www.youtube.com/watch?v=676GkswmHRY>
or https://www.youtube.com/watch?time_continue=11&v=t1iaVBMItPo
3. **Flat Dumbbell Fly:** <https://www.howcast.com/videos/501907-how-to-do-a-flat-dumbbell-fly-chest-workout>
4. **Close Grip Bench:** <https://www.howcast.com/videos/501921-how-to-do-a-close-grip-bench-press-chest-workout>
5. **Dumbbell Pullover:** <https://www.howcast.com/videos/503060-how-to-do-a-dumbbell-pullover-back-workout>
6. **Incline dumbbell press:** <https://www.howcast.com/videos/501905-how-to-do-incline-dumbbell-bench-press-chest-workout>
7. **Incline Dumbbell Press:** https://www.youtube.com/watch?v=J_UbiifeU8I
8. **Incline Dumbbell Fly:** <https://www.howcast.com/videos/501908-how-to-do-an-incline-dumbbell-fly-chest-workout>

B. Pushups

1. **How to do a basic pushup:** <https://www.howcast.com/videos/501891-how-to-do-a-basic-push-up-chest-workout> or
<https://www.youtube.com/watch?v=iu66fjbk07o>
2. **Medicine Ball Pushup:** <https://www.youtube.com/watch?v=ieZlPWxDU5s>
Or <https://www.youtube.com/watch?v=Lqdka8XUG50>
3. **Bosu Ball Pushup:** <https://www.howcast.com/videos/506950-how-to-do-a-push-up-bosu-ball-workout>
4. **Various Pushups:** https://www.youtube.com/watch?v=FalpD_zfrJI
5. **Decline Pushups:** <https://www.youtube.com/watch?v=SKPab2YC8BE>

6. Alternating Staggered pushup:

<https://www.youtube.com/watch?v=YEuQAAZJJbg>

Or <https://www.youtube.com/watch?v=Lqdk8XUG50>

7. Bosu Ball Pushups: <https://www.youtube.com/watch?v=LgwxpZzW2Nw>

8. Inclined Push Up: <https://www.howcast.com/videos/503986-how-to-do-an-inclined-press-up-gym-workout>

C. Shoulders

1. Upright row: <https://www.muscleandfitness.com/workouts/back-exercises/videos/barbell-upright-row>

Or https://www.youtube.com/watch?v=SO_nHq52a8o

2. Dumbbell Shoulder Press (Standing): <https://www.youtube.com/watch?v=B-aVuyhvLHU>

3. Dumbbell shoulder press (Seated):

<https://www.youtube.com/watch?v=0JfYxMRsUCQ>

or https://www.youtube.com/watch?v=EJZpJkIH_hY

4. Bent-Over Lateral Raises: <https://www.youtube.com/watch?v=SWjzFaH9QXA>

5. Shoulder Front Arm Raises: <https://www.youtube.com/watch?v=D-3JnFrFUOw>

6. Side Dumbbell Lateral Raise:

<https://www.youtube.com/watch?v=kDqklk1ZESo>

D. Back

1. Pullups: <https://www.youtube.com/watch?v=Ir8IrbYcM8w>

2. Reverse Grip Chin up: <https://www.youtube.com/watch?v=TLARpdxz-G0>

3. Dumbbell Row: <https://www.youtube.com/watch?v=-koP10y1qZI>

4. How to do a back workout at the gym: 3 exercises

<https://www.howcast.com/videos/503965-how-to-do-a-back-workout-gym-workout>

5. **Lat Pulldown:** <https://www.howcast.com/videos/503085-how-to-do-a-lat-pulldown-back-workout>
6. **Seated or Standing Row:** <https://www.howcast.com/videos/503081-how-to-do-a-standing-row-back-workout>
7. **Seated Row:** https://www.youtube.com/watch?v=-nAlXg8_gsg
8. **Chainsaws:** <https://www.howcast.com/videos/503595-how-to-do-chainsaws-arm-workout>
9. **Barbell Row:**
https://www.youtube.com/watch?time_continue=6&v=YcK7pyFXmWk

E. Biceps

1. **Standing Dumbbell Curl:** <https://www.youtube.com/watch?v=av7-8igSXTs>
2. **Hammer Curl:** <https://www.youtube.com/watch?v=VXj0Zx4v5go>
3. **Barbell Curl:** <https://www.youtube.com/watch?v=kwG2ipFRgfo>
4. **Preacher Curl:** <https://www.youtube.com/watch?v=Gydpcouclx8>
5. **Reverse Curl:**
<https://www.youtube.com/watch?v=nRgxYX2Ve9w>

F. Triceps

1. **Triceps Bench Dips:** Level 1, 2 and 3
https://www.youtube.com/watch?v=0326dy_CzM
2. **Dumbbell Triceps Extension:** <https://www.youtube.com/watch?v=gsUck-7M74>
3. **French Press:** <https://www.youtube.com/watch?v=JImgCWzCHwI>
4. **Triceps Pushdown:** <https://www.youtube.com/watch?v=8WL0m0vLAPo>
5. **Triceps Dumbbell Extensions:**
<https://www.youtube.com/watch?v=nRiJVZDpdL0>

6. **Dumbbell Skull Crusher:** <https://www.youtube.com/watch?v=1cHKC6BekiU>
7. **Dips:** <https://www.youtube.com/watch?v=QR9a2wQLZG0>
8. **Crab Dip Triceps Workout:** <https://www.howcast.com/videos/503573-how-to-do-a-crab-dip-arm-workout>
9. **Triceps Pushups:** <https://www.youtube.com/watch?v=hfiQ5V4Tcgo>

G. Legs

1. **How to do a proper squat without weights:**
 - a. <https://www.youtube.com/watch?v=acIHkVaku9U>
 - b. <https://www.youtube.com/watch?v=aPYCiuiB4PA>
2. **Goblet Squat:** <https://www.youtube.com/watch?v=3gpXflqRiEc>

Goblet Squat: <https://www.howcast.com/videos/502157-how-to-do-a-goblet-squat-sexy-legs-workout>
3. **Dumbbell Step-ups:** <https://www.youtube.com/watch?v=xdDQAFGFrEk>
4. **Dumbbell Squat:** https://www.youtube.com/watch?v=v_c67Omje48
5. **Front Squat:** <https://www.youtube.com/watch?v=m4ytaCjZpl0>
6. **Back Squat:** <https://www.youtube.com/watch?v=RpBf5ZRdvWE>
7. **Front Squat vs. Back Squat:**
https://www.youtube.com/watch?v=dMVX2_n02zo
8. **Dumbbell Lunges:** <https://www.youtube.com/watch?v=X5JFsnxtBPc>
9. **Dumbbell Lunge:** <https://www.youtube.com/watch?v=D7KaRcUTQeE>
10. **Dumbbell Rear Lunge:** https://www.youtube.com/watch?v=ZK-0_aS3GdY
11. **Wall Sit:** <https://www.youtube.com/watch?v=XULOKw4E4P4>
12. **BOSU Ball Squats:** <https://www.youtube.com/watch?v=OVIFNx Cp56c>
13. **Dumbbell Squats:** <https://www.youtube.com/watch?v=8jInc6hjt nA>

14. Deadlift: <https://www.youtube.com/watch?v=vRKDvt695pg>
15. Bodyweight Squats: https://www.youtube.com/watch?v=TPVODbz_Xhc
16. Lunges: <https://www.youtube.com/watch?v=tzbmbH7cNtY>
17. Plyo Box Jumps:
https://www.youtube.com/watch?time_continue=83&v=cBpfrfjKPLc

H. Leg Curls to work Hamstrings:

1. Leg Curls at Home with a Barbell:
<https://www.youtube.com/watch?v=ZHlBSI6JPsA>
2. Lying Leg Curls:
<https://www.youtube.com/watch?v=3h6lab4GusU>
3. Physio (Stability) ball hamstring curls:
<https://www.youtube.com/watch?v=0ESF2pm-mB8>
or <https://www.youtube.com/watch?v=WNB90xXLEOg>
4. Stability ball hamstring curl: <https://www.youtube.com/watch?v=oAYtwM95-ug>
Or <https://www.youtube.com/watch?v=Kk8dpH4ZPos>

I. Abs

1. Plank: <https://www.howcast.com/videos/498042-how-to-do-a-plank-to-get-great-abs-female-bodybuilding>
2. Russian Twist: <https://www.howcast.com/videos/498055-how-to-do-a-russian-twist-female-bodybuilding>
3. Bicycle Kick Ab workout: <https://www.howcast.com/videos/500993-how-to-do-a-bicycle-kick-ab-workout>
4. Abs crunch with exercise Ball: <https://www.howcast.com/videos/501006-how-to-do-ab-crunches-on-exercise-ball-ab-workout>

5. Broom twists for side oblique's:

https://www.youtube.com/watch?v=WYVjla_Wd34

Or https://www.youtube.com/watch?v=x_rijNE2fD4

6. Figure 8 Crunch: <https://www.howcast.com/videos/500985-how-to-do-a-figure-8-crunch-ab-workout>

7. Scissors Ab Workout: <https://www.howcast.com/videos/500994-how-to-do-scissors-ab-workout>

8. How to do a sit up correctly: <https://www.howcast.com/videos/503983-how-to-do-a-sit-up-properly-gym-workout>

9. Bosu Ball Situp workout: <https://www.youtube.com/watch?v=VlsbpdSKbJU>

10. Bicycle Kick Ab workout: <https://www.howcast.com/videos/500993-how-to-do-a-bicycle-kick-ab-workout>

11. Ab Wheel Roller: <https://www.youtube.com/watch?v=VmqDIL2xzbk>
or <https://www.youtube.com/watch?v=WKJHKItCL3c>

12. Planks: <https://www.youtube.com/watch?v=AR2gNb3XMMg>

13. Side Plank Exercise:

https://www.youtube.com/watch?time_continue=3&v=n1-5KOR9dZg

14. 2-Point Superman: <https://www.youtube.com/watch?v=wc9NRfrjXbo>

15. Stability Ball Crunch: <https://www.youtube.com/watch?v=nXRYoX7UiIY>

J. Box Jumps

1. Box Jumps: <https://www.youtube.com/watch?v=tCffzzCaE4> or

<https://www.youtube.com/watch?v=MkGRfVGyIMA>

2. Box Jumps: <https://www.youtube.com/watch?v=nD-QqBJkPTw>

K. Warm-up Activities

1. **Jump rope**
2. **Burpees:** <https://www.youtube.com/watch?v=dZgVxmf6jkA>
3. **Agility Pads**
4. **Mountain Climbers:** <https://www.howcast.com/videos/500028-how-to-do-a-mountain-climber-female-bodybuilding>
5. **Ladder Drills:**
6. **Dot Drills:**
 - a. Dot Drills: <https://www.youtube.com/watch?v=j1zjYpJzeZI>
 - b. Dot Drills: <https://www.youtube.com/watch?v=PR7s4nXtWSw>
7. **Medicine Ball Slams:** https://www.youtube.com/watch?v=Rx_UHMnQljU
8. **Medicine Ball top 33 exercises:**
https://www.youtube.com/watch?v=XOPscVta_aY
9. **Medicine Ball Chop:** <https://www.howcast.com/videos/515845-how-to-do-a-medicine-ball-chop-abs-workout>
10. **Medicine Ball Side Twists:** <https://www.howcast.com/videos/515829-how-to-do-medicine-ball-side-twists-abs-workout>
- 10a. **Medicine Ball Partner Drills:**
<https://www.youtube.com/watch?v=h98JQnLiheM>
- 10b. <https://www.youtube.com/watch?v=WCn7Y2pllCA>
11. **Box Jump:**
<https://www.howcast.com/videos/507063-how-to-do-a-box-jump-boot-camp-workout>
12. **Ladder Drills:** <https://www.youtube.com/watch?v=VE9K9w6rOmM>
13. **Battle Rope Exercises:** https://www.youtube.com/watch?v=_bv4D7ii_0
14. **Hurdle Hops:** <https://www.youtube.com/watch?v=MXGrFkxkub0>
15. **Wall Sit:** <https://www.youtube.com/watch?v=XULOKw4E4P4>

16. Mountain Climbers: https://www.youtube.com/watch?v=sHY0qt_dGpE
17. Squat Thrust: <https://www.youtube.com/watch?v=IqIB-d7LWN0>
18. Step Ups: <https://www.youtube.com/watch?v=QxiEBZ6DzGE>
19. Forward and Backward Jumps/Side to Side Jumps/Hops
20. High Knees in place
21. Jumps for Height....max height jumps landing only quarter down.
22. Frog Jump/Leap: Jump as far as you can landing and immediately jumping again.
23. Cones (Excellent) <https://www.youtube.com/watch?v=uM-dKCKn5bU>
<https://www.youtube.com/watch?v=a2sCgSIOFIg>

K. BOSU Ball

1. Top 38 BOSU Ball Exercises:
<https://www.youtube.com/watch?v=SSXMTzACC1U>

L. Tires

1. Tires: https://www.youtube.com/watch?v=TtoRa_AN1jY

Dynamic Workout

1. 5 Minute Dynamic Workout:
<https://www.youtube.com/watch?v=1e528F0pYPg>
2. **Dynamic Workout (Stretching)**
 1. **20 Yards (There & Back)**
 1. **Light Sprint** 20 yards there and back.

2. **Skip To My Lou!** 20 yards (swinging arms back and forth like you are doing a fly across your chest) and then go back skipping backward and swinging arms.
3. **Lateral Shuffle 20 yards doing jumping jacks.** Swinging arms from belly button all the way in a circle above the forehead where the hands meet or cross each other. Go back facing the same direction. Side step shuffle with a jumping jack as your moving laterally.
4. **Karoki** 20 yards

10 Yards (There and Back)

1. **Back Pedal** 10 yards (There and Back)
2. **Butt Kicks:** Knees are pointed toward the ground. He wants the foot to come behind, not straight up. I want to warm up the hamstrings. Get the arms moving, and bring it across and heels should hit the butt. (There and Back)
3. **Straight Leg Kicks:** opposite hand and opposite toe. Just walk across. Most people lean way back when they do this, and it is so important to stay upright. (There and Back)

10 Yards Only

4. **Lateral Groin Stretcher** slowly going laterally (10 yards)
5. **Groin over the Hurdle:** - Bring our knee up over like it is coming over the top of a hurdle and then back down. The foot strike is right under the chest. (10 Yards)
6. **Knee Hugs:** Hug your knees to your chest as high as possible alternating every step. Stay on balls of your feet alternating every step. (10 yards)
7. **High Knees:** Get knees up high and get the arm swing going. A nice 90 degree bend in the arms. (10 yards)

Stationary Drills

8. **Calf Stretchers with partner**
9. **Doggie Groin Stretcher**
10. **Forward Arm Circles:** Start small and slowly get bigger.
11. **Backward Arm Circles:** Start small and slowly get bigger.
12. **Fly's**
13. **Brent Weber Drill**
14. **Sprint 20 yards there and back at 80%**
15. **Jumping Jacks (15)**

L. Education on Lifting/Diet/Form

1. <https://www.youtube.com/watch?v=seWbTqP6yJc> Great site for what to do and what not to do when lifting. 10 Muscle Building Mistakes (Killing gains) By constantly changing up your workout you keep your body guessing.
2. <https://www.youtube.com/watch?v=PMiiOZBRwyM> 10 Exercises All Athletes should avoid.
3. <https://www.youtube.com/watch?v=mYX5IjCjCpk> How Long does it take to build muscle.
4. <https://www.youtube.com/watch?v=c4-MTQp8Q08> Plyometric Exercises to Build Speed and Power Fast
5. <https://www.youtube.com/watch?v=yliHX5u3HZY> Building Muscle after 50
6. <https://www.youtube.com/watch?v=1D5ITLlrlGM> 6 Principles of Muscle Building – In-Depth Guide for Real Results
7. https://www.youtube.com/watch?v=NVshLvv5_Lg Workout Routines for Beginners – 5 Tips to Get You Started
8. <https://m.youtube.com/watch?v=VZ7oShEvFbU&feature=youtu.be> ***Outstanding video for coaches to watch regarding year round weight training.
9. <https://www.movementovermaxes.com/bonus/>