

Top 10 Things you should know:

1. Bring a water bottle (optional)
2. Do lifts slowly and under control.
3. <https://springfieldtigersfootball.com/strength-training> Go to this link on the football website to learn more about the lifts you will be doing and the benefits of strength training.
4. You should be doing a lift/exercise every 90 seconds or less.
5. You will be involved in a circuit training program that benefits all athletes or someone who just wants to get in shape. Rotate lifts/exercises between upper body, lower body and core.
6. When doing upper or lower body lifts try to do between 8 and 12 reps. Please remember that form and technique is most important....not how much you can lift.
7. The first two weeks you will have adult helpers in the gym with you. They are there to help and assist you. If you have any questions, please feel free to ask. All the volunteers are here to help you!
8. The first couple of weeks will be the most difficult. The workout will be new to you and you will be sore! You must push through this! After approximately two weeks you will not have soreness, instead you will feel great!
9. Do not miss workouts! Being accountable and disciplined is a must. It will not be fun getting out of bed earlier than what you are accustomed to, however, once you begin getting into a routine it will become much easier and you will be accomplishing some great things! You will be getting into great shape and will feel better about yourself. Anyone wanting a Saturday workout plan that you can do without weights over the weekend should see Mr. Fink.
10. I am excited that so many of you are willing to give this strength training program a shot....amazing! Let's work hard, stay with it and have **FUN!**

Workout Schedule:

January: 22, 24, 28, and 31st

February: 4, 7, 11, 14, 18, 21, 25, 28

Dynamic Workout (Stretching) (5 - 6 Minutes)

1. **Light Sprint** (Full Court one way only)
2. **Skip To My Lou!** (Full Court one way only) -swinging arms back and forth like you are doing a fly across your chest
3. **Lateral Shuffle** (Full Court both directions) 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** (Full Court both directions)
5. **Back Pedal** (Full Court one way only)
6. **Butt Kicks:** (Full Court one way only) 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)
7. **Straight Leg Kicks:** (Full Court) 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)

Half Court Only

8. **Lateral Groin Stretcher** slowly going laterally
9. **High Knees:** Get knees up high and get the arm swing going. A nice 90 degree bend in the arms.
10. **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.
11. **Knee Hugs:** Hug your knees to your chest as high as possible alternating every step. Stay on balls of your feet alternating every step.

Stationary Drills

12. **Doggie Groin Stretcher**
13. **Forward Arm Circles:** Start small and slowly get bigger.
14. **Backward Arm Circles:** Start small and slowly get bigger.
15. **Sprint 20 yards there and back at 80%**
16. **Jumping Jacks (15)**

8 Minute Gym Workout

1. **Agility drills using agility pads:** 1. Run through 2. Horizontal (Both ways) 3. In and out back peddle 4. Two footed hops over the agility pads.
2. **Planks I1 and Squat Jumps**
3. **Ladders K12:** 1. Ladder One step...step inside each box as quick as you can 2. Ladder Side step....put each foot inside the box 3. 5 Hops and run...5 little bunny hops landing on two feet and then run through the ladder with one foot in a box 4. Ladder Crossover: Is a sideways run. Back foot swings over the front foot and you go through ladder. Simply run sideways down the ladder. 5. Side Straddle Hop: Feet are moving in and out of the ladder. Touching in and then touching out.
4. **Burpies K2** With or without pushups
5. **Medicine Ball (K 10b):** Russian Twist, Partner Woodchop and Under and over
6. **Jump Rope**
7. **Medicine Ball (Under K10a Medicine ball Partner Drills)** Chest Pass (Squat and Throw a high rounding chest pass) and Underhand Toss Catch/Squat/throw
8. **Cones K23:** 1. High Knees over cones 2. Two footed hops over cones 3. One legged hops...alternate to the other foot. 4. Side Shuffle...shuffle in and out of cones. 5. Horizontal over the cones (Just like agility pads)

Station Leaders: Station 1. Marz 2. Courtney 3. Meyer 4. Tom Berberich 5. Shane 6. Fink/Hovland 7. Moriarty 8. Heidi McCone

Wrestling Room Stations (90 seconds per station)

1. **Box Jumps J1:** Double Leg Box Jumps/ Lateral Jumps side to side/Step ups/Pushups
2. **Bosu Ball**....situps I 9 and squats G 12 Mountain Climbers K 4 (turn Bosu Ball over)
3. **Stability Ball:** H4 Hamstrings and I 15 Ab Crunch
4. **Pushups** B 1 and B 4 for beginner and **Underhand Pullups.**
5. **Lunges G16**
6. **Medicine Ball exercises K 8:** Curls, shoulders, Horizontal Thruster (19 second mark...squat and shot ball out from chest)
7. **Plank I 1 /I 5 Broom Twists for side oblique's / Ab Roller I 11/**
8. **Medicine ball exercises K 8 :** Vertical Thruster (23 second mark....put ball at chest and squat ...when coming up from squat lift ball above head.) Russian Twist on Floor (59 second mark) Jack Press (26 sec. mark...ball at chest and shoot ball out doing partial squat)

Station Leaders: 1. Pat Moriarty 2. Heidi McCone 3. Courtney 4. Tom Berberich 5. Shane Neperman 6. Adam Meyer 7. Stephen Seaberg 8. Bob Fink

Weight Room Stations

1. Bench Dips (F1) Or Dips (F7 – without the explosion part)
2. Dumbbell Seated Shoulder Press (C3a)
3. Front Squats (G5) and (G7)
4. Dumbbell Bench Press (A2)
5. Battle Ropes (K13 #1 – alternate waves)
6. Dumbbell Lunges (G8) or Dumbbell Step ups (G3)
7. Standing Dumbbell Curls (E1) or Preacher Curls (E4)
8. Low bar Pull ups (D1 – except with feet on the floor and legs out like in the “reverse pull-up” (D2) video...just use the palms facing out grip)

Station Leaders: Chad Hovland, Brandon Wilhelmi and Tyler “Big Ticket” Marz

Dynamic Workout Stations (gymnasium)

Gym Station 1

Jake Veenstra (G1)

Sylvan Tauer (G1)

Wyatt Schmidt (G1)

Chase Groebner (G1)

Kyle Quesenberry (M1)

Kaleb Wenisch (M1)

Damian Honeman (M1)

Gym Station 2

Liz Klabunde (G2)

Meriah Kirschstein (G2)

Sydney Hauger (G2)

Tim Rogotzke (M2)

David Todd (M2)

Seth Lorenzen (M2)

Curtis Tauer (M2)

Gym Station 3

Ryan Sanderville (G3)

Jacob Platz (G3)

Dathan Sargent (G3)

Shane Clemon (G3)

Caleb Hauger (M3)

Brendon Buerkle (M3)

Preston Moen (M3)

Gym Station 4

Mitchell Buerkle (G4)

Eli Kirschstein (G4)

Dillon Wollin (G4)

Violet Hovland (M4)

Lilly McCone (M4)

Jessica Gould (M4)

Haley Runck (M4)

Gym Station 5

Nolan Hovland (G5)

Jake Rosenstengel (G5)

Tyson Midas (G5)

Luke Boyle (G5)

Jason Berberich (M5)

Dylan Batzlaff (M5)

Tyler Vanderwerf (M5)

Gym Station 6

Decker Scheffler (G6)

Mason Rummel (G6)

Andrew Baumann (G6)

Ivan Hovland (M6)

Dylan Rubey (M6)

Ashtin Johnson (M6)

MaCoy Krick (M6)

Gym Station 7

Kenzie Lothert (G7)

Courtney Wendt (G7)

Brittany Rogotzke (G7)

Ellie Tonn (G7)

Kadin Johnson (M7)

Mavrick Winkelmann (M7)

Jerry Majors (M7)

Gym Station 8

Mason Flor (G8)

Tori Helget (G8)

Ryan Vogel (G8)

Kora Wahl (M8)

Mya Mickelson (M8)

Maddy Digmann (M8)

Astrid Ramirez (M8)

Maroon & Gold (Weight Room/Wrestling Room Groups)

Maroon Group 1

Kyle Quesenberry (M1)

Kaleb Wenisch (M1)

Damian Honeman (M1)

Maroon Group 2

Tim Rogotzke (M2)

David Todd (M2)

Seth Lorenzen (M2)

Curtis Tauer (M2)

Maroon Group 3

Caleb Hauger (M3)

Brendon Buerkle (M3)

Preston Moen (M3)

Maroon Group 4

Violet Hovland (M4)

Lilly McCone (M4)

Jessica Gould (M4)

Haley Runck (M4)

Maroon Group 5

Jason Berberich (M5)

Dylan Batzlaff (M5)

Tyler Vanderwerf (M5)

Maroon Group 6

Ivan Hovland (M6)

Dylan Rubey (M6)

Ashtin Johnson (M6)

MaCoy Krick (M6)

Maroon Group 7

Kadin Johnson (M7)

Mavrick Winkelmann (M7)

Jerry Majors (M7)

Maroon Group 8

Kora Wahl (M8)

Mya Mickelson (M8)

Maddy Digmann (M8)

Astrid Ramirez (M8)

Gold Group 1

Jake Veenstra (G1)

Sylvan Tauer (G1)

Wyatt Schmidt (G1)

Chase Groebner (G1)

Gold Group 2

Liz Klabunde (G2)

Meriah Kirschstein (G2)

Sydney Hauger (G2)

Gold Group 3

Ryan Sanderville (G3)

Jacob Platz (G3)

Dathan Sargent (G3)

Shane Clemon (G3)

Gold Group 4

Mitchell Buerkle (G4)

Eli Kirschstein (G4)

Dillon Wollin (G4)

Gold Group 5

Nolan Hovland (G5)

Jake Rosenstengel (G5)

Tyson Midas (G5)

Luke Boyle (G5)

Gold Group 6

Decker Scheffler (G6)

Mason Rummel (G6)

Andrew Baumann (G6)

Gold Group 7

Kenzie Lothert (G7)

Courtney Wendt (G7)

Brittany Rogotzke (G7)

Ellie Tonn (G7)

Gold Group 8

Mason Flor (G8)

Tori Helget (G8)

Ryan Vogel (G8)

Top 10 Benefits of Morning Exercise!

1. Morning Workouts Enhance Your Metabolism
2. Morning Exercise Improves Your Physical and Mental Energy all day long!
3. Early Morning Workouts help you develop strong self-discipline.
4. A morning Exercise Routine will help you get better sleep.

5. Morning Exercise allows you to reach your fitness goals faster.
6. Exercise has been touted as a cure for just about anything that ails you. Exercise is a trigger that releases endorphins, our built-in happiness drug that puts you in a better mood!
7. You will build more muscle efficiently.
8. You will be more active all day!
9. Morning workouts “wake up” the mind!
10. It is FUN!

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=ieZIPWxDU5s>
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=FaIpD_zfrII

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=Lqdka8XUG50>

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.muscleanfitness.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 Pullup: https://www.youtube.com/watch?v=0inM5_AF-Wg&index=10&list=PLSpwedw8Xj8-tuLpvjcpWcF-trOMppHL9&t=0s

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=JImgCWzCHwl>
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=aclHkVaku9U>
 - 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_c670mje48
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-O_aS3GdY
11. **Wall Sit:** <https://www.youtube.com/watch?v=XULOKw4E4P4>
12. **BOSU Ball Squats:** <https://www.youtube.com/watch?v=OVIFNxCp56c>
13. **Dumbbell Squats:** <https://www.youtube.com/watch?v=8jJnc6hjtNA>
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=ZHIBSI6JPsa>
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=IqlB-d7LWN0>

18. Step Ups: <https://www.youtube.com/watch?v=QxjEBZ6DzGE>

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>

L. BOSU Ball

1. Top 38 BOSU Ball Exercises:

<https://www.youtube.com/watch?v=SSXMTzACC1U>

M. 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)

20 Yards (There & Back)

17. **Light Sprint** 20 yards there and back.

18. **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.

19. **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.

20. **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)**

N. 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=mYX5IjCUpk> 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=1D5ITLrlGM> 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/>