

Rising Athletes daily conditioning

1/21/2019 through College Signing Day!

Conditioning at home	Monday	Tuesday	Wednesday	Thursday	Friday
25 Push-ups in the morning and 25 push-ups at bedtime	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
If you can do Pull-ups do 2 sets of 3 continuous per day	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Run/Walk/Jog 1 mile with 2-3 quick sprints during (20-50 Yards) 2x's week	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Work on your 40yrd dash form and burst	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Tennis Ball drill on a wall (Side of house) - (10 throws per hand)	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
20 Body Squats with any type of weight not to exceed 15lbs 2-3x's per week	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
10 Sit-ups 2x's a day	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Help out around the house without being asked	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No

Please return to me each week on first training day and if you do not complete something please be honest and circle no as you would only be cheating yourself and I know we all get busy. I look forward to working with you and making you the best athlete and young adult you can be! Parents I encourage you to reach out with any behavior issues or concerns so we can make sure that any distractions are handled to make sure we can maximize on building a foundation that is unbreakable.

Thanks,

Jordan Todman – jt@rising-athletes.com – (904) 806-9957