



BODY WEIGHT PROGRAM

THESE WORKOUTS SHOULD BE PERFORMED ON NON-CONSECUTIVE DAYS

For example, Monday/ Wednesday or Tuesday/ Thursday or Wednesday/ Friday

Day 1

Warm Up: *Dynamic warm up from lab*

A1 Squat 4x25 (*Emphasis on proper foot base width, preventing knees buckling, rigid spine, hip stability, vertical torso*)

A2 Push Up 4x10 1x Max (*Elbows in brushing rib cage, rigid torso, full depth, chest to ground and back to ceiling*)

B1 Split Squat holds 5 seconds + 8 split squats (*Upright trunk, hands on hips, majority of weight on forward leg, Knee pointed the same direction as toe*)

B2 Inverted Row or 4x8 (*stiff trunk, Squeeze shoulder blades to use back muscles not just biceps, Done on TRX or bar depending on equipment available*) if none of these are available just use dumbbells for a single arm row or a heavy backpack

Figure 1: DB Row



Figure 2: Inverted Row



B3 Alternating V-Ups 4x10e (*On your back with opposite arm to opposite leg emphasizing getting back and leg off the ground simultaneously*)

Conditioning 4x 200y Timed Shuttles @ 25 yard distance with 2 minute rest (*keep track of times, make sure change of direction alternated between legs as to not turn on the same leg every rep.*)

Cooldown: easy jog, spin/bike, elliptical, swim

Stretch

Day 2

A1 Squat 4x25 (*see Day 1 workout*)

A2 Pull Up 4x3-8 (*Goal is to get as many reps as possible, but not go until complete failure, spotter may be necessary*)

B1 Alt. Lateral Lunge 4x10each (*Hands out in front to allow for hips back and down, explode out of the bottom position, lunging leg should be toe forward not pointed out*)

B2 Front Plank on forearms 4x:20 seconds (*feet together, squeeze heels together and keep stomach strong*)

B2 Explosive Step Up 4x5eac (*box approximately knee height, facing perpendicular so that non supported leg can drive up without the box in the way, supporting leg should carry ~90% of the load. Finish in a tall position with knee up*)

B3 Russian Twist 4x20 (*emphasize rotation of Shoulder complex by looking over shoulder behind and reaching as far back and around as possible with arms*)

Conditioning: 4 x 400m Timed Trials with 2 minute rest (*keep track of times*)

Cooldown: easy jog, spin/bike, elliptical, swim

Stretch