**LVR TRACK OFF SEASON WORKOUT**

**HOME WORKOUT, 4 DAYS A WEEK**

**MESSAGE TO ALL ATHLETES:**

**If you have not played a sport in a while, or not have exercised for a while, start slow to help prevent injury.  For example, for the first week only do the below workout for 1 cycle. Then for the next week do the below workout for 2 cycles.  Then the 3 week do the full 3 cycles.**

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| ***WARM UP***  go to the link below to follow this dynamic warm up (WARMING UP IS JUST AS IMPORTANT AS THE WORKOUT):  <https://www.youtube.com/watch?v=KfEFc7hN4Dk> |
| ***WORKOUT***  ***EXERCISE X TIME*** |
| 1. BODYWEIGHT SQUAT x 30 seconds   <https://www.youtube.com/watch?v=R1v152b72lo> |
| **2.)** MILITARY PUSH-UPS x 15 seconds  <https://www.youtube.com/watch?v=ihvdd0rPTiU> |
| **3.)** RUSSIAN TWISTS x 30 seconds  <https://www.youtube.com/watch?v=4wNNCQj2mV4> |
| **4.)** WALKING LUNG X 60 seconds alternating legs  <https://www.youtube.com/watch?v=L8fvypPrzzs> |
| **5.)** DIVE BOMBER PUSH-UPS x 20 seconds  <https://www.youtube.com/watch?v=4wNNCQj2mV4> |
| **6.)** SPLIT SQUAT x 30 seconds alternating legs  <https://www.youtube.com/watch?v=SGHnCftrZkA> |
| **7.)** FULL BODY CRUNCH x 30 seconds  <https://www.youtube.com/watch?v=M9oY3iFU2Dw> |
| **8.)** LATERAL LUNGE x 30 seconds alternating legs  <https://www.youtube.com/watch?v=FUX6Pz8vV0s> |
| **9.)** BURPEE x 20 seconds  <https://www.youtube.com/watch?v=JZQA08SlJnM> |
| 2 minute rest |
| **10.)** 4 x 20 yard sprints, 2 minute rest in between each sprint |
| 2 minute rest then repeat 2 more cycles (exercises #1-10) |
| ***COOL DOWN***  hold the following 4 static (still) stretches for 30 seconds each (COOLING DOWN IS JUST AS IMPORTANT AS THE WORKOUT):  HURDLER’S STRETCH  <https://www.youtube.com/watch?v=3q_8laT17wM>  PRAYER SQUAT  <https://www.youtube.com/watch?v=riKu-RfmJxU>  STANDING CROSS LEG  <https://www.youtube.com/watch?v=NK9Uctkncuw>  TOTAL BODY  <https://www.youtube.com/watch?v=-CiWQ2IvY34> |

**LVR TRACK OFF SEASON WORKOUT**

**WEIGHTROOM: MONDAY, WEDNESDAY & FRIDAY**

**MESSAGE TO ALL ATHLETES:**

**If you have not played a sport in a while, or not have exercised for a while, start slow to help prevent injury.  YOU ARE TO DO ONLY ONE LIFT FROM EACH SECTION.**

**LEGS/CORE: (only a 1 minute break between sets)**

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| SQUAT (TO PARALLEL OR RIGHT BELOW)  4 sets x 6 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=gBnyAeXJnAg> |
| WALKING LUNGE  4 sets x 6 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=vni4lElTvsY> |

**BACK (only a 1 minute break between sets)**

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| LAT PULLDOWNS  4 sets x 4 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=0oeIB6wi3es> |
| BENT OVER BARBELL ROW  4 sets x 4 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=E7QyKeTcXfY> |
| DUMBELL ROW  4 sets x 4 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=8iMJWCAIV78> |

**SHOULDERS/CHEST (only a 1 minute break between sets)**

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| INCLINE BENCH (CAN USE DUMBELLS OR BARBELL)  4 sets x 4 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=jPLdzuHckI8> |
| FLAT BENCH (CAN USE DUMBELLS OR BARBELL)  4 sets x 4 repetitions at the same weight, increase weight when you can do all easily do all repetitions with correct form  <https://www.youtube.com/watch?v=jt1CbdLvGE4> |

**PLOMETRICS/BLOCKS/SPRINTS (DO BOTH EXERCISES with only a 30 second break between sets)**

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| SINGLE LEG BOX JUMPS  4 sets x 4 repetitions  <https://www.youtube.com/watch?v=Euk0NUoS8mA>  DOUBLE LEG BOX JUMPS  2 X 8 repetitions  <https://www.youtube.com/watch?v=IgB8NkJ5Xpc>  SPRINTS  4 X 20 YARDS |