

**BATTERY CREEK
QUARANTINE WORKOUT**



Weekly Split

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Up: DROM Technique	Warm Up: Jog 5 minutes Animal Complex Running Form Drills	Warm Up: DROM Technique	Warm Up: Jog 5 minutes Animal Complex Running Form Drills	Warm Up: DROM Technique	*Play a sport (have fun)	*Rest
Workout: Jumps Squats Hip Hinge Abs Push Ups Pull Ups	Workout: Agility: (<i>X-cone, L-cone</i>) Jumps: (<i>Vertical, Horizontal Jumps</i>) Sprints: (<i>10, 20, 30, 40 yards</i>)	Workout: Jumps Squats Hip Hinge Abs Push Ups Pull Ups	Workout: Agility: (<i>Pro-agility, 1-2-3 cone</i>) Jumps: (<i>Lateral, Rotational Jumps</i>) Sprints: (<i>10, 20, 30, 40 yards</i>)	Workout: Jumps Squats Hip Hinge Abs Push Ups Pull Ups		
Conditioning: Farmers Walks	Conditioning: Tire Throws	Conditioning: Lunges	Conditioning: Animal Movements	Conditioning: Car Pushes		
Cool Down: 5 minute Walk	Cool Down: BC Yoga Routine	Cool Down: 5 minute Walk	Cool Down: BC Yoga Routine	Cool Down: 5 minute Walk		
Extra: Neck Work (<i>Anterior, Posterior, Lateral</i>)		Extra: Neck Work (<i>Anterior, Posterior, Lateral</i>)		Extra: Neck Work (<i>Anterior, Posterior, Lateral</i>)		

Test Days

Test	Test #1 <i>(Pre Week one)</i>	Test #2 <i>(Post Week four)</i>	Test #3 <i>(Post Week 8)</i>	Test #4 <i>(Post Week 12)</i>
Vertical Jump				
1xMR Squats				
1xMR Push Ups				
1xMR Pull Ups/BW Rows				

Vertical Jump Test= Stand next to a wall and reach as high as you can with your arm. Mark the height you reach to with a piece of tape. Standing in the same spot jump and reach as high as you can, touching the wall at the highest point of your jump. Using a tape measure or long stick measure the distance from your standing reach to the high point you reach to on your jump. Record data in appropriate box.

MR (max rep) Squat Test= Stand with your feet little wider than hips. Squat till your hips go lower than your knees and fully extend back up. You will perform as many as possible without stopping for 1 set. Whatever number you get to record it in the appropriate box.

MR (max rep) Push Up Test= Get set up in a push up position with your hands underneath your chest. Go down till your elbows pass a 90° angle than fully extend back up. For 1 set perform as many push ups as possible without stopping. If you are an athlete of greater mass and need to perform push ups from knees do so for all test so you can see progress better. Record data in the appropriate box.

MR (max rep) Pull Ups/ BW Rows= First, determine if you are a person that can do pull ups. If not, do body weight rows. Secondly, find a place to perform the movement (examples: play grounds, pull up bars for door frames, Steel support beams). *Watch Quarantine Exercise test video for more ideas.* Whether you are doing pull ups or body weight rows start with arms fully extended. On pulls ups you will go all the way up till chin is passed the bar than fully extending the arms down again. On the body weight rows you will go up till chest gets about an inch from bar than fully extending back down. Record data in the appropriate box and make sure to circle which test you used (pull ups or body weight rows).

Week 1 Workouts

Monday		Wednesday		Friday	
Exercises	Sets x Reps	Exercises	Sets x Reps	Exercises	Sets x Reps
Warm Up: DROM Technique (Pull 3 Cleans)	1x8 each 3x5	Warm Up: DROM Technique (Pull 3 Cleans)	1x8 each 3x5	Warm Up: DROM Technique (Pull 3 Cleans)	1x8 each 3x5
Workout: Jump Touches Back Pack Squats Back Pack Deadlifts Crossfit Sit Ups Push Ups Pull Ups/ BW Rows	2x5 2xMR 2xMR 2xMR 2xMR 2xMR	Workout: Jump Over Front Back Pack Squats Back Pack Good Mornings Russian Twist Incline Push Ups Chin Ups/ BW Rows	2x5 2xMR 2xMR 2xMR 2xMR 2xMR	Workout: Jump On OH Back Pack Squats Back Pack Swings Leg Lifts Elevated Push Ups Pull Ups/ BW Rows	2x5 2xMR 2xMR 2xMR 2xMR 2xMR
Conditioning: Farmers Walk	10 minutes	Conditioning: Lunges	10 minutes	Conditioning: Car Pushes	10 minutes
Cool Down: Walk	5 Minutes	Cool Down: Walk	5 Minutes	Cool Down: Walk	5 Minutes
Extra: Neck Work +Anterior +Posterior +Lateral	1xMR 1xMR 1xMR	Extra: Neck Work +Anterior +Posterior +Lateral	1xMR 1xMR 1xMR	Extra: Neck Work +Anterior +Posterior +Lateral	1xMR 1xMR 1xMR

Tuesday		Thursday	
Exercise	Sets x Reps	Exercise	Sets x Reps
Warm Up: Jog Animal Complex Running Drills	5min 2x 15 yards 1-2x 15 yards	Warm Up: Jog Animal Complex Running Drills	5min 2x 15 yards 1-2x 15 yards
Workout: Agility: +Box-cone Drill + L-cone Drill Jumps: +Vertical Jumps +Horizontal Jumps Sprints: +10 yards +20 yards +30 yards +40 yards	2x 2x 2x10 2x10 2x 2x 2x 2x	Workout: Agility: +Pro-agility + 1-2-3 Cone Drill Jumps: +Lateral Jumps +Rotational Jumps Sprints: +10 yards +20 yards +30 yards +40 yards	2x 2x 2x10 2x10 2x 2x 2x 2x
Conditioning: Tire Throws	10 minutes	Conditioning: Animal Movements (Inch Worm, Bear, Duck)	10 minutes
Cool Down: BC Yoga Routine	X15 sec. each	Cool Down: BC Yoga Routine	X15 sec. each

* When measuring sprint distances 7 regular steps= 5 yards

**Rest periods between sets during the Workout 30sec-1min

*** MR= Max Rep, OH= Overhead

Week 2 Workouts

Monday		Wednesday		Friday	
Exercises	Sets x Reps	Exercises	Sets x Reps	Exercises	Sets x Reps
Warm Up:		Warm Up:		Warm Up:	
DROM	1x8 each	DROM	1x8 each	DROM	1x8 each
Technique (Pull 2&3 Cleans)	3x5	Technique (Pull 2&3 Cleans)	3x5	Technique (Pull 2& 3 Cleans)	3x5
Workout:		Workout:		Workout:	
Jump Touches	3x5	Jump Over	3x5	Jump On	3x5
Back Pack Squats	3xMR	Front Back Pack Squats	3xMR	OH Back Pack Squats	3xMR
Back Pack Deadlifts	3xMR	Back Pack Good Mornings	3xMR	Back Pack Swings	3xMR
Crossfit Sit Ups	3xMR	Russian Twist	3xMR	Leg Lifts	3xMR
Push Ups	3xMR	Incline Push Ups	3xMR	Elevated Push Ups	3xMR
Pull Ups/ BW Rows	3xMR	Chin Ups/ BW Rows	3xMR	Pull Ups/ BW Rows	3xMR
Conditioning:		Conditioning:		Conditioning:	
Farmers Walk	15 minutes	Lunges	15 minutes	Car Pushes	15 minutes
Cool Down:		Cool Down:		Cool Down:	
Walk	5 Minutes	Walk	5 Minutes	Walk	5 Minutes
Extra:		Extra:		Extra:	
Neck Work		Neck Work		Neck Work	
+Anterior	1xMR	+Anterior	1xMR	+Anterior	1xMR
+Posterior	1xMR	+Posterior	1xMR	+Posterior	1xMR
+Lateral	1xMR	+Lateral	1xMR	+Lateral	1xMR

Tuesday		Thursday	
Exercise	Sets x Reps	Exercise	Sets x Reps
Warm Up:		Warm Up:	
Jog	5min	Jog	5min
Animal Complex	2x 15 yards	Animal Complex	2x 15 yards
Running Drills	1-2x 15 yards	Running Drills	1-2x 15 yards
Workout:		Workout:	
Agility:		Agility:	
+Box-cone Drill	3x	+Pro-agility	3x
+ L-cone Drill	3x	+ 1-2-3 Cone Drill	3x
Jumps:		Jumps:	
+Vertical Jumps	3x10	+Lateral Jumps	3x10
+Horizontal Jumps	3x10	+Rotational Jumps	3x10
Sprints:		Sprints:	
+10 yards	3x	+10 yards	3x
+20 yards	3x	+20 yards	3x
+30 yards	3x	+30 yards	3x
+40 yards	3x	+40 yards	3x
Conditioning:		Conditioning:	
Tire Throws	15 minutes	Animal Movements (Inch Worm, Bear, Duck)	15 minutes
Cool Down:		Cool Down:	
BC Yoga Routine	X20 sec. each	BC Yoga Routine	X20 sec. each

* When measuring sprint distances 7 regular steps= 5 yards

**Rest periods between sets during the Workout 30sec-1min

*** MR= Max Rep, OH= Overhead

Week 3 Workouts

Monday		Wednesday		Friday	
Exercises	Sets x Reps	Exercises	Sets x Reps	Exercises	Sets x Reps
Warm Up: DROM Technique (Pull 1,2,3 Cleans)		Warm Up: DROM Technique (Pull 1,2,3 Cleans)		Warm Up: DROM Technique (Pull 1,2,3 Cleans)	
	1x8 each 3x5		1x8 each 3x5		1x8 each 3x5
Workout: Jump Touches Back Pack Squats Back Pack Deadlifts Crossfit Sit Ups Push Ups Pull Ups/ BW Rows		Workout: Jump Over Front Back Pack Squats Back Pack Good Mornings Russian Twist Incline Push Ups Chin Ups/ BW Rows		Workout: Jump On OH Back Pack Squats Back Pack Swings Leg Lifts Elevated Push Ups Pull Ups/ BW Rows	
	4x5 4xMR 4xMR 4xMR 4xMR 4xMR		4x5 4xMR 4xMR 4xMR 4xMR 4xMR		4x5 4xMR 4xMR 4xMR 4xMR 4xMR
Conditioning: Farmers Walk		Conditioning: Lunges		Conditioning: Car Pushes	
	18 minutes		18 minutes		18 minutes
Cool Down: Walk		Cool Down: Walk		Cool Down: Walk	
	5 Minutes		5 Minutes		5 Minutes
Extra: Neck Work +Anterior +Posterior +Lateral		Extra: Neck Work +Anterior +Posterior +Lateral		Extra: Neck Work +Anterior +Posterior +Lateral	
	1xMR 1xMR 1xMR		1xMR 1xMR 1xMR		1xMR 1xMR 1xMR

Tuesday		Thursday	
Exercise	Sets x Reps	Exercise	Sets x Reps
Warm Up: Jog Animal Complex Running Drills		Warm Up: Jog Animal Complex Running Drills	
	5min 2x 15 yards 1-2x 15 yards		5min 2x 15 yards 1-2x 15 yards
Workout: Agility: +Box-cone Drill + L-cone Drill Jumps: +Vertical Jumps +Horizontal Jumps Sprints: +10 yards +20 yards +30 yards +40 yards		Workout: Agility: +Pro-agility + 1-2-3 Cone Drill Jumps: +Lateral Jumps +Rotational Jumps Sprints: +10 yards +20 yards +30 yards +40 yards	
	4x 4x 4x10 4x10 4x 4x 4x 4x		4x 4x 4x10 4x10 4x 4x 4x 4x
Conditioning: Tire Throws		Conditioning: Animal Movements (Inch Worm, Bear, Duck)	
	18 minutes		18 minutes
Cool Down: BC Yoga Routine		Cool Down: BC Yoga Routine	
	X25 sec. each		X25 sec. each

* When measuring sprint distances 7 regular steps= 5 yards

**Rest periods between sets during the Workout 30sec-1min

*** MR= Max Rep, OH= Overhead

Week 4 Workouts

Monday		Wednesday		Friday	
Exercises	Sets x Reps	Exercises	Sets x Reps	Exercises	Sets x Reps
Warm Up: DROM Technique (Full Cleans)		Warm Up: DROM Technique (Full Cleans)		Warm Up: DROM Technique (Full Cleans)	
Workout: Jump Touches Back Pack Squats Back Pack Deadlifts Crossfit Sit Ups Push Ups Pull Ups/ BW Rows		Workout: Jump Over Front Back Pack Squats Back Pack Good Mornings Russian Twist Incline Push Ups Chin Ups/ BW Rows		Workout: Jump On OH Back Pack Squats Back Pack Swings Leg Lifts Elevated Push Ups Pull Ups/ BW Rows	
Conditioning: Farmers Walk		Conditioning: Lunges		Conditioning: Car Pushes	
Cool Down: Walk		Cool Down: Walk		Cool Down: Walk	
Extra: Neck Work +Anterior +Posterior +Lateral		Extra: Neck Work +Anterior +Posterior +Lateral		Extra: Neck Work +Anterior +Posterior +Lateral	

Tuesday		Thursday	
Exercise	Sets x Reps	Exercise	Sets x Reps
Warm Up: Jog Animal Complex Running Drills		Warm Up: Jog Animal Complex Running Drills	
Workout: Agility: +Box-cone Drill + L-cone Drill Jumps: +Vertical Jumps +Horizontal Jumps Sprints: +10 yards +20 yards +30 yards +40 yards		Workout: Agility: +Pro-agility + 1-2-3 Cone Drill Jumps: +Lateral Jumps +Rotational Jumps Sprints: +10 yards +20 yards +30 yards +40 yards	
Conditioning: Tire Throws		Conditioning: Animal Movements (Inch Worm, Bear, Duck)	
Cool Down: BC Yoga Routine		Cool Down: BC Yoga Routine	

* When measuring sprint distances 7 regular steps= 5 yards

**Rest periods between sets during the Workout 30sec-1min

*** MR= Max Rep, OH= Overhead

Exercise List

DROM	Animal Complex	Running Drills	BC Yoga Routine
<p><u>Lower Body:</u> Hip Flexion Hip Circles (in to out) Hip Circles (out to in) Hip Flexion leg extended Hip Abduction Hip Rotation Ham Curls Leg Extension Hip Hyperextension Plank Glute Bridge Deep Squat PNF Deep Squat Thoracic Extension Deep Squat Thoracic Rotation Deep Squats Hip Hinge</p> <p><u>Upper Body:</u> Shoulder Flexion Shoulder Abduction Shoulder Flys Shoulder Rotation Shoulder Slides Big Arm Circle (both directions) Small Arm Circles (both directions)</p>	Inch Worms Bear Crawls Side Lunges Duck Walk	Pose Chops 1-2-3-4 Forward Lunge Switch Toe Taps A-Skips B-Skips C-skips Side Shuffle Carioca Back Peddle Sprint	Monument Pyramid Running Man (Rt) Spiderman (Rt) Hip Flexor (Rt) Hip Flexor Hands Up (Rt) Kneeling Quad Stretch (Rt) Warrior (Rt) Monument Pyramid Running Man (Lf) Spiderman (Lf) Hip Flexor (Lf) Hip Flexor Hands Up (Lf) Kneeling Quad Stretch (Lf) Warrior (Lf) Monument Chair Sumo IT Right IT Left