

Week 1 Summer 2019

Week 1/2 At School Program. (If you do not have access to weights to do the weightroom portion of the workout you can do the lifts with alternative bodyweight exercises, see list below for alternates)

Monday- At School	Tuesday-Off Day	Wednesday= At School	Thursday- At Home	Friday,Saturday or Sunday- At Home
<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Squat 3x10 Time 4:30 (90 sec set)</p> <p>Push Press 3x10 Time 4:30 (90 sec set)</p> <p>DB Bench Jump Squat 3x10 Time 4:30 (90 sec set)</p> <p>Glute Ham Raise 2x10 Time 4:30 (90 sec set)</p> <p>Sanitize/Quick 6/Switch 5 min</p> <p>Gym 1-Viking Core #1 2-Speed/Agility Workout! Plyometrics/Ladder Drills 25 min 3-Sanitize/Quick 6/Switch 5 min</p>	<p>OFF DAY FROM LIFTING! IF YOU HAPPENED TO MISS MONDAY YOU CAN MAKE UP THE WORKOUT ON YOUR OWN AT HOME.</p> <p>Use this day for Sport Specific Workouts on your own or if allowed on the field/court with your coach!!</p>	<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Bench 3x10 Time 4:30 (90 sec set)</p> <p>Hang Clean 3x8 Time 4:30 (90 sec set)</p> <p>DB Incline 3x10 Time 4:30 (90 sec set)</p> <p>Ball Slams+Mas Twist 3x10 Time 4:30 (90 sec set)</p> <p>Sanitize/Quick 6/Switch 5 min</p> <p>Gym 1-Speed/Agility Workout! Plyometrics/Ladder Drills 25 min 2-Sanitize/Quick 6/Switch 5 min</p>	<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Squat Variation /Lunge 3x10 Time 4:30 (90 sec set)</p> <p>RDL 3x10 Time 4:30 (90 sec set)</p> <p>DB Shoulder Press 3x10 Time 4:30 (90 sec set)</p> <p>Triceps 3x10 Time 4:30 (90 sec set)</p> <p>BB 3 way Calf raise 3x10 Time 4:30 (90 sec set)</p> <p>Viking Core #2</p> <p>Quick 6 Stretch Use this day for Sport Specific Workouts on your own NO Speed Agility Workout today.</p>	<p>-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Hang Clean 3x8 Time 4:30 (90 sec set)</p> <p>DB Split Squat 3x8 each leg Time 4:30 (90 sec set)</p> <p>DB/BB Bench 3x10 Time 4:30 (90 sec set)</p> <p>T-Bar/DB Row 3x10 Time 4:30 (90 sec set)</p> <p>DB/BB Incline 3x10 Time 4:30 (90 sec set)</p> <p>Pull Ups 3x10 Time 4:30 (90 sec set)</p> <p>BB/DB Curl 3x8 Time 4:30 (90 sec set) 1-Speed/Agility Workout! 15- min 2-Plyometrics/Ladder Drills 10 min</p>

Alternative bodyweight lifts for at home workouts if you missed a workout at school!

Monday

Squat-[Goblet Squat](#) -3x15-Duffle bag with books, hold a case of Water ect)

Push Press-([Use a weighted object and throw into air as high as possible](#)) 3x5-10

DB Bench Jump Squat-[Explosive Box Jump](#) 3x10-Put a backpack on with books in it and jump, hold onto weight like we do in class with DB's.

DB Row-[Inverted/TRX Row](#) 3x10-find a bar you can hang under a row body up! 3x10-15

Wednesday

Bench-[Pushups](#) 2x20, 1xburnout.

Hang Clean-[Jump Shrug](#) 3x8-Use weighted noted before for resistance-Use cans of soup, jugs of milk ect, light resistance in for hands.

DB Incline-[Feet elevated pushup](#) 2x20 1xburnout

Glute Ham Raise-[Single Leg Glute Bridge Raise](#) 3x10 each-put weight on waist to make it more difficult.

Thursday

Front Squat/Lunge-[Goblet Squat](#)-3x10-20 -Duffle bag with books, hold a case of Water ect)

RDL-[Bird dogs](#) 3x10 each leg/arm or [Single Leg Glute Bridge Raise](#) 3x10 each-put weight on waist to make it more difficult.

DB Shoulder Press [DB Shoulder Press](#) 3x10-20-Use Milk Jugs, duffle bags, chairs ect.

BB 3 Way Calf Raise-[Single Calf Raise on stairs/ledge](#) 3x10-30

Triceps-[Push Ups](#) 3x20 sec

Friday, Saturday, or Sunday

Hang Clean-[Jump Shrug](#) 3x8-Use weighted noted before for resistance

DB Bench-[Pushups](#) 2x20, 1xburnout.

T-Bar Row-[Pull Ups](#) 3x10 [Use monkey bars, high bar/ledge at table to hang from and pull.](#)

Glute Ham Raise-[Single Leg Glute Bridge Raise](#) 3x10 each-put weight on waist to make it more difficult.

BB Curl-[Chair Curl](#) 3x15-20, use any type of weight you can find and curl it, again make it more difficult by doing more reps.

[Complete at Home Summer Strength Program with Bodyweight Program Included.](#) (USE THIS IF NOT LIFTING AT SCHOOL!

Week 3/4 At School Program. (If you do not have access to weights to do the weightroom portion of the workout you can do the lifts with alternative bodyweight exercises, see list below for alternates)

Monday-At School	Tuesday/Thurs Sport Specific Skill Work	Wednesday=At School	Thursday=At School	Friday, Saturday or Sunday-At Home
<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Squat 3x8 Time 4:30 (90 sec set)</p> <p>Push Press 3x8 Time 4:30 (90 sec set)</p> <p>DB Jump Squat/ Plank 3x8 Time 4:30 (90 sec set)</p> <p>Glute Ham Raise 3x8 Time 4:30 (90 sec set)</p> <p>Sanitize/Quick 6/Switch 5 min</p> <p>Gym 1-Viking Core #1 2-Speed/Agility Workout! Plyometrics/Ladder Drills 25 min 3-Sanitize/Quick 6/Switch 5 min</p>	<p>OFF DAYS FROM LIFTING! IF YOU HAPPENED TO MISS MONDAY or WEDNESDAY YOU CAN MAKE UP THE WORKOUT ON YOUR OWN AT HOME.</p> <p>Use this day for Sport Specific Workouts on your own or if allowed on the field/court with your coach!!</p>	<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Bench 3x8 Time 4:30 (90 sec set)</p> <p>Hang Clean 3x5 Time 4:30 (90 sec set)</p> <p>DB ROW SS Plank 3x8 Time 4:30 (90 sec set)</p> <p>Ball Slams+Mas Twist 3x8 Time 4:30 (90 sec set)</p> <p>Sanitize/Quick 6/Switch 5 min</p> <p>Gym 1-Speed/Agility Workout! Plyometrics/Ladder Drills 25 min 2-Sanitize/Quick 6/Switch 5 min</p>	<p>1-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Squat Variation /Lunge 3x8 Time 4:30 (90 sec set)</p> <p>Dead Lift 3x5 Time 4:30 (90 sec set)</p> <p>DB Shoulder Press 3x8 Time 4:30 (90 sec set)</p> <p>Glute Ham Raise 3x8 Time 4:30 (90 sec set)</p> <p>Sanitize/Quick 6/Switch 5 min</p> <p>Gym 1-Viking Core #2 2-Speed/Agility Workout! Plyometrics/Ladder Drills 25 min 3-Sanitize/Quick 6/Switch 5 min</p>	<p>-Viking Sprint Drills 5 min (Everyone does this the 1st thing when they get in the weightroom/gym)</p> <p>Weightroom. Hang Clean 3x5 Time 4:30 (90 sec set)</p> <p>DB Split Squat 3x8 each leg Time 4:30 (90 sec set)</p> <p>DB/BB Bench 3x8 Time 4:30 (90 sec set)</p> <p>T-Bar/DB Row 3x8 Time 4:30 (90 sec set)</p> <p>DB/BB Incline 3x8 Time 4:30 (90 sec set)</p> <p>Pull Ups 3x10 Time 4:30 (90 sec set)</p> <p>BB/DB Curl 3x8 Time 4:30 (90 sec set)</p> <p>2-Viking Core #3+Quick 6</p>

