

Royal Athletics Home Workout Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Body Weight Circuit</u> 1. Air Squats X20 2. Front/Forward Lunge x20 3. Push-Ups x20 4. Chair Dips x20 5. Crunches x30 6. 3 sets of 1 min planks Complete 5 Rounds w/90 secs between each set	<u>Dynamic/Warm Up</u> Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 Sprint Work 6 x 5 second sprints 4 x 8 second sprints 2 x 12 second sprints Finish with an all out sprint for 1 minute	<u>Backpack Workout</u> Fill a backpack with books or anything you can find. 1. Backpack squats 4x10 2. Squats Jumps 4x10 3. Back Pack Push-Ups 4x10 4. Backpack Bent Over Rows 4x10 5. Backpack Overhead Press 4x10 6. Backpack Power clean 4x10 <u>ABS</u> Russian Twist 3x20 Crunches 3x20 Sit-ups 3x20	<u>Dynamic/Warm Up</u> 5 minute run jog for 5 minutes without stopping <u>Staggered Mile</u> 8 x 7 second sprints 4 x 12 second sprints 2 x 35 second sprints 1 x70 second sprints	<u>Mobility Stretch Day</u> 3x10 Second for each exercise. 1. Feet together toe touch 2. Right over left 3. Left over right 4. Feet apart-nose to right knee 5. Feet apart-nose to left knee 6. Walk it down to the middle 7. Hip Flexor right knee forward and hold 8. Hip Flexor left knee forward and hold 10 minute jog