

Hello: Here is an optional workout you can do to keep yourself in shape and burn off extra energy. It should also help you pass the time. Remember, You get out of life what you put in! Have fun and stay safe!

<b>Week 1: 3/16-3/22</b>	
Monday	<p>Upper Body Focus: Pushups (3 sets of 15, 1 set to failure) / Supermans (4 sets of 15) / Tricep Dips on chair (4 sets of 15) / Isometric Bicep Curl w/ Towel (4 sets of 15 - hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 10) / Explosion Pushups (3 sets of 15, 1 set to failure)</p> <p>Line Hops: 50 front,back / 50 side to side / 50 R leg front back / 50 L leg front back / 50 R leg side to side / 50 L leg side to side / 50 hop skotch / 50 clockwise rotations hops / 50 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 15, 1 set to failure) / Seated Leg Lift (4 sets of 15 each leg) / Standing Hamstring Extension (4 sets of 15 each leg) / Goblet Squat w/ Object (4 sets of 15 ) / Standing Calf Raise on Edge (4 sets of 15)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 15, 1 set to failure) / Flying Opposites (4 sets of 15) / Tricep Triangle Dips (4 sets of 15) / Doorway bicep curl (4 sets of 15 - hold each rep for 3 seconds) / YTW w/ Soup Cans (4 sets of 10) / Decline Pushups (3 sets of 15, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 15, 1 set to failure) / Standing Leg Lift (4 sets of 15 each leg) / Sideways Lunge (4 sets of 15 each leg) / Walking Lunge (4 sets of 15 ) / 1 Leg Calf Raise (4 sets of 15 each leg)</p> <p>Stairs Footwork: Run up your stairs for 5 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 2: 3/23-3/29</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 20, 1 set to failure) / Supermans (4 sets of 20) / Tricep Dips on chair (4 sets of 20) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 12) / Explosion Pushups (3 sets of 20, 1 set to failure)</p> <p>Line Hops: 50 front,back / 50 side to side / 50 R leg front back / 50 L leg front back / 50 R leg side to side / 50 L leg side to side / 50 hop skotch / 50 clockwise rotations hops / 50 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 20, 1 set to failure) / Seated Leg Lift (4 sets of 20 each leg) / Standing Hamstring Extension (4 sets of 20 each leg) / Goblet Squat w/ Object (4 sets of 20) / Standing Calf Raise on Edge (4 sets of 20)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 20, 1 set to failure) / Flying Opposites (4 sets of 20) / Tricep Triangle Dips (4 sets of 20) / Doorway bicep curl (4 sets of 20- hold each rep for 3 seconds) / YTW w/ Soup Cans (4 sets of 12) / Decline Pushups (3 sets of 15, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 20, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20each leg)</p> <p>Stairs Footwork: Run up your stairs for 5 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 3: 3/30-4/5</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 25, 1 set to failure) / Supermans (4 sets of 25) / Tricep Dips on chair (4 sets of 25) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 15) / Explosion Pushups (3 sets of 20, 1 set to failure)</p> <p>Line Hops: 60 front,back / 60 side to side / 60 R leg front back / 60 L leg front back / 60 R leg side to side / 60 L leg side to side / 60 hop skotch / 60 clockwise rotations hops / 60 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 25, 1 set to failure) / Seated Leg Lift (4 sets of 25 each leg) / Standing Hamstring Extension (4 sets of 25 each leg) / Goblet Squat w/ Object (4 sets of 25) / Standing Calf Raise on Edge (4 sets of 25)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 25, 1 set to failure) / Flying Opposites (4 sets of 25) / Tricep Triangle Dips (4 sets of 25) / Doorway bicep curl (4 sets of 25 ) / YTW w/ Soup Cans (4 sets of 15) / Decline Pushups (3 sets of 20, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 20, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20each leg)</p> <p>Stairs Footwork: Run up your stairs for 6 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 4: 4/6-4/12</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 30, 1 set to failure) / Supermans (4 sets of 30) / Tricep Dips on chair (4 sets of 30) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 15) / Explosion Pushups (3 sets of 25, 1 set to failure)</p> <p>Line Hops: 60 front,back / 60 side to side / 60 R leg front back / 60 L leg front back / 60 R leg side to side / 60 L leg side to side / 60 hop skotch / 60 clockwise rotations hops / 60 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 30, 1 set to failure) / Seated Leg Lift (4 sets of 25 each leg) / Standing Hamstring Extension (4 sets of 25 each leg) / Goblet Squat w/ Object (4 sets of 30) / Standing Calf Raise on Edge (4 sets of 30)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 35 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 45 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 30, 1 set to failure) / Flying Opposites (4 sets of 30) / Tricep Triangle Dips (4 sets of 25) / Doorway bicep curl (4 sets of 25 ) / YTW w/ Soup Cans (4 sets of 15) / Decline Pushups (3 sets of 25, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 25, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20 each leg)</p> <p>Stairs Footwork: Run up your stairs for 7 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 5: 4/13-4/19</b>
Monday	<a href="https://docs.google.com/presentation/d/1-38OVRxsyCbQY3ZpnSXmkXW3iXhTISkr6YBW3uHDvzk/edit?usp=sharing">https://docs.google.com/presentation/d/1-38OVRxsyCbQY3ZpnSXmkXW3iXhTISkr6YBW3uHDvzk/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1dqVPotMgDvQscLEdcpSLG9gzQnKEFz5kiMG2boxvehY/edit?usp=sharing">https://docs.google.com/presentation/d/1dqVPotMgDvQscLEdcpSLG9gzQnKEFz5kiMG2boxvehY/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1th2RB_Cm38QceciVfBLzJxO90DJ7fT0cPGtuqy1-do/edit?usp=sharing">https://docs.google.com/presentation/d/1th2RB_Cm38QceciVfBLzJxO90DJ7fT0cPGtuqy1-do/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1A2U3zbDn3PBk6ifRlzfFsNH7HFFyRjrJFSskDINNUj88/edit?usp=sharing">https://docs.google.com/presentation/d/1A2U3zbDn3PBk6ifRlzfFsNH7HFFyRjrJFSskDINNUj88/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/11HUJryon_-kZ9tt2v3VL2iYgYeIVAy7x0s_p1hMG2S0/edit?usp=sharing">https://docs.google.com/presentation/d/11HUJryon_-kZ9tt2v3VL2iYgYeIVAy7x0s_p1hMG2S0/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 6: 4/20-4/26</b>
Monday	<a href="https://docs.google.com/presentation/d/1d4_hzLA6tG9BxEroIIVK2--flb6R4ryfSe67DD6gfk0/edit?usp=sharing">https://docs.google.com/presentation/d/1d4_hzLA6tG9BxEroIIVK2--flb6R4ryfSe67DD6gfk0/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1MAXScU2WcBi6QCU-z6c3UeuzJFidsQxHfq_WhmHlcaY/edit?usp=sharing">https://docs.google.com/presentation/d/1MAXScU2WcBi6QCU-z6c3UeuzJFidsQxHfq_WhmHlcaY/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1kpV2tUHjOn76Ci9hMoKcUtdQ5eITIWgkdCyPYItk91A/edit?usp=sharing">https://docs.google.com/presentation/d/1kpV2tUHjOn76Ci9hMoKcUtdQ5eITIWgkdCyPYItk91A/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1gpCkVPuntqoYEpADxE2wf3ruVfT44ODKiY_f0qGtG5E/edit?usp=sharing">https://docs.google.com/presentation/d/1gpCkVPuntqoYEpADxE2wf3ruVfT44ODKiY_f0qGtG5E/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1w1r1niubEFi0N8Mlwha8NMj2wi7TnL7d1fkVtljk9C8/edit?usp=sharing">https://docs.google.com/presentation/d/1w1r1niubEFi0N8Mlwha8NMj2wi7TnL7d1fkVtljk9C8/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 7: 4/27-5/3</b>
Monday	<a href="https://docs.google.com/presentation/d/1CpR0vfWJCDzeyKwVZLVxSBujZ6Hd-PtoKpVGqIcvtTI/edit?usp=sharing">https://docs.google.com/presentation/d/1CpR0vfWJCDzeyKwVZLVxSBujZ6Hd-PtoKpVGqIcvtTI/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1tQTbVq3-i-U7mmGghzreBzZB9vhVNNa0km8EyjZ1A6c/edit?usp=sharing">https://docs.google.com/presentation/d/1tQTbVq3-i-U7mmGghzreBzZB9vhVNNa0km8EyjZ1A6c/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1ScM9e_OWbB31QYGfwqA1auRXEtgWpaq3vXQVZpRdBQk/edit?usp=sharing">https://docs.google.com/presentation/d/1ScM9e_OWbB31QYGfwqA1auRXEtgWpaq3vXQVZpRdBQk/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1nsTolw_dJDe3qzDHLcnOk5D5604SUxj1xxvSyBWq0uE/edit?usp=sharing">https://docs.google.com/presentation/d/1nsTolw_dJDe3qzDHLcnOk5D5604SUxj1xxvSyBWq0uE/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1kWQH0hKZMLprl8sx0ICctvjgeRDjCZRFYJgw9GfNd9s/edit?usp=sharing">https://docs.google.com/presentation/d/1kWQH0hKZMLprl8sx0ICctvjgeRDjCZRFYJgw9GfNd9s/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 7: 5/4-5/10</b>
Monday	<a href="https://docs.google.com/presentation/d/1Z3DzCsVnnYnKdWPGkhX_DY8uKHbnvZ2QRng6ByG7wSI/edit?usp=sharing">https://docs.google.com/presentation/d/1Z3DzCsVnnYnKdWPGkhX_DY8uKHbnvZ2QRng6ByG7wSI/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1CgvivG52ODA2q3gJVRVIALY-78IFaNdKXuLtT5s0Qg0/edit?usp=sharing">https://docs.google.com/presentation/d/1CgvivG52ODA2q3gJVRVIALY-78IFaNdKXuLtT5s0Qg0/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1VxwW7VQnJOPeVfXRFj_3vnMxM6GXCWXntu3dQkQx7o0/edit?usp=sharing">https://docs.google.com/presentation/d/1VxwW7VQnJOPeVfXRFj_3vnMxM6GXCWXntu3dQkQx7o0/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/11hm6C2zeptFdOiRypo2t8malU0A9mkMsMywbXtga3s8/edit?usp=sharing">https://docs.google.com/presentation/d/11hm6C2zeptFdOiRypo2t8malU0A9mkMsMywbXtga3s8/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1tXrcipFYreaOsK3359fmwD1H6C7z9UkQA4y1XhVRql/edit?usp=sharing">https://docs.google.com/presentation/d/1tXrcipFYreaOsK3359fmwD1H6C7z9UkQA4y1XhVRql/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 8: 5/11-5/17</b>
Monday	<a href="https://docs.google.com/presentation/d/1UtmasRWSK3Jv_G7WY6QQgzyZ9KS6QS_coE8TxV1IzN8/edit?usp=sharing">https://docs.google.com/presentation/d/1UtmasRWSK3Jv_G7WY6QQgzyZ9KS6QS_coE8TxV1IzN8/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1_Y7QHza6VOgCabI5JDVYzFIFZRGqfq1aZk_F0krW8rs/edit?usp=sharing">https://docs.google.com/presentation/d/1_Y7QHza6VOgCabI5JDVYzFIFZRGqfq1aZk_F0krW8rs/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1GgWU7xYmT4BwPuXsnD37mc6AY3D_pqpkIx-TKMMd0ds/edit?usp=sharing">https://docs.google.com/presentation/d/1GgWU7xYmT4BwPuXsnD37mc6AY3D_pqpkIx-TKMMd0ds/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1P4-QtAFelrySj-iJfUEehNpXXTmXcbheLr2r1Fen9Q4/edit?usp=sharing">https://docs.google.com/presentation/d/1P4-QtAFelrySj-iJfUEehNpXXTmXcbheLr2r1Fen9Q4/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1iF4D_3IP6fexm3ip9dJ-TfIKCOjRaAl__Lo1GXitso0/edit?usp=sharing">https://docs.google.com/presentation/d/1iF4D_3IP6fexm3ip9dJ-TfIKCOjRaAl__Lo1GXitso0/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	Week 9: 5/18-5/24
Monday	<a href="https://docs.google.com/presentation/d/181Y8d4t1wke6nK7pHnBUDRhI3OKXE_IKrbj8xZqI3ig/edit?usp=sharing">https://docs.google.com/presentation/d/181Y8d4t1wke6nK7pHnBUDRhI3OKXE_IKrbj8xZqI3ig/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1pDDLWoojM8RIHGj_u-NqIWP42-EqIKIrL8w5TRUh_bw/edit?usp=sharing">https://docs.google.com/presentation/d/1pDDLWoojM8RIHGj_u-NqIWP42-EqIKIrL8w5TRUh_bw/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1FckbCwBIUOLHtlvJcaRz3Nn2APAJPmgt82u_VW_Emsw/edit?usp=sharing">https://docs.google.com/presentation/d/1FckbCwBIUOLHtlvJcaRz3Nn2APAJPmgt82u_VW_Emsw/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1XyP8UjQvmTe9TyGfas_DFNTLrGleMlou_UalMHYLRkk/edit?usp=sharing">https://docs.google.com/presentation/d/1XyP8UjQvmTe9TyGfas_DFNTLrGleMlou_UalMHYLRkk/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1mQlggGRP3BDs6ZqicSc_081VFvHbM8AprAymaw94_pQ/edit?usp=sharing">https://docs.google.com/presentation/d/1mQlggGRP3BDs6ZqicSc_081VFvHbM8AprAymaw94_pQ/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	Week 10: 5/25-5/31
Monday	<a href="https://docs.google.com/presentation/d/1YCCUE3k8v2Zc9s9ICBoQky_-XWdqdqDLM4uPqRjU5fl/edit?usp=sharing">https://docs.google.com/presentation/d/1YCCUE3k8v2Zc9s9ICBoQky_-XWdqdqDLM4uPqRjU5fl/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1qbvlXb5j9RD5llqSFZ9tvdprH73jmB256iGS5YRk_oY/edit?usp=sharing">https://docs.google.com/presentation/d/1qbvlXb5j9RD5llqSFZ9tvdprH73jmB256iGS5YRk_oY/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1dtCbrlalie2Hbvau7ZE1IDKv3hFH_qW09-9SSNlbgWs/edit?usp=sharing">https://docs.google.com/presentation/d/1dtCbrlalie2Hbvau7ZE1IDKv3hFH_qW09-9SSNlbgWs/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1JWmtmEfD9C-82Vh91wDrWdMhKLF-BtTrYUIU4hDRwDI/edit?usp=sharing">https://docs.google.com/presentation/d/1JWmtmEfD9C-82Vh91wDrWdMhKLF-BtTrYUIU4hDRwDI/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1H3Cohi71NwJaf0izFcMnshN7KTOs5BSI2a17QJodwls/edit?usp=sharing">https://docs.google.com/presentation/d/1H3Cohi71NwJaf0izFcMnshN7KTOs5BSI2a17QJodwls/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 11: 6/1-6/7</b>
Monday	<a href="https://docs.google.com/presentation/d/1queCEpSjCZQTWSle_1NzMhdxlCaFZgSVU12r24mMnNc/edit?usp=sharing">https://docs.google.com/presentation/d/1queCEpSjCZQTWSle_1NzMhdxlCaFZgSVU12r24mMnNc/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/11J8TvdyERDh0Kc117a2Gs0-wCRKDEFISctB-SHfpMW0/edit?usp=sharing">https://docs.google.com/presentation/d/11J8TvdyERDh0Kc117a2Gs0-wCRKDEFISctB-SHfpMW0/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1cU0-Zul9cl6gVS-DX6G_xmfOnBUSWmQwsz-dLru9pqY/edit?usp=sharing">https://docs.google.com/presentation/d/1cU0-Zul9cl6gVS-DX6G_xmfOnBUSWmQwsz-dLru9pqY/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1PDPEuC4BnYy9YlqPRR74eSFbfQqJQhglGtRNpdNmuzA/edit?usp=sharing">https://docs.google.com/presentation/d/1PDPEuC4BnYy9YlqPRR74eSFbfQqJQhglGtRNpdNmuzA/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1ClcQuKSVQMMtOlrlily-jvmoYsM56XYgSRW71YED4_UY/edit?usp=sharing">https://docs.google.com/presentation/d/1ClcQuKSVQMMtOlrlily-jvmoYsM56XYgSRW71YED4_UY/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 12: 6/8-6/14</b>
Monday	<a href="https://docs.google.com/presentation/d/1U9BaTLogZA66PBLV0KerHXLykbhgXTQCW-rKkg9GfDs/edit?usp=sharing">https://docs.google.com/presentation/d/1U9BaTLogZA66PBLV0KerHXLykbhgXTQCW-rKkg9GfDs/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/1HDrz3tUh9KRYaikuBdZ7J0Znxt-Z_f6RktJwrF6yiG4/edit?usp=sharing">https://docs.google.com/presentation/d/1HDrz3tUh9KRYaikuBdZ7J0Znxt-Z_f6RktJwrF6yiG4/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/15flp7tMw3YeIEyo81sU1Bx4fS-TsEsw0jWRCtvFeSCk/edit?usp=sharing">https://docs.google.com/presentation/d/15flp7tMw3YeIEyo81sU1Bx4fS-TsEsw0jWRCtvFeSCk/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1B7WU-ELhCPAlmnx0MCAS09tHLu75s3QT4sjoAuP__BQ/edit?usp=sharing">https://docs.google.com/presentation/d/1B7WU-ELhCPAlmnx0MCAS09tHLu75s3QT4sjoAuP__BQ/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1pwB3HiPZjhXOEgrgNSzUfykzHhkQGru__lhRoFhn1ZE/edit?usp=sharing">https://docs.google.com/presentation/d/1pwB3HiPZjhXOEgrgNSzUfykzHhkQGru__lhRoFhn1ZE/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 13: 6/15-6/21</b>
Monday	<a href="https://docs.google.com/presentation/d/1Fbutkgoau7I4kdwzDRas0BhowlnLw5-J4JTHCqlwqu4/edit?usp=sharing">https://docs.google.com/presentation/d/1Fbutkgoau7I4kdwzDRas0BhowlnLw5-J4JTHCqlwqu4/edit?usp=sharing</a>
Tuesday	<a href="https://docs.google.com/presentation/d/112o8Ffo-09hSjIF8v574IfJHXOzsWFoqUhsWv7KvQ_k/edit?usp=sharing">https://docs.google.com/presentation/d/112o8Ffo-09hSjIF8v574IfJHXOzsWFoqUhsWv7KvQ_k/edit?usp=sharing</a>
Wednesday	<a href="https://docs.google.com/presentation/d/1LGRt51khU4Yu79JUqq4eOcuwdFDqin3WK6S6J-Hy1bU/edit?usp=sharing">https://docs.google.com/presentation/d/1LGRt51khU4Yu79JUqq4eOcuwdFDqin3WK6S6J-Hy1bU/edit?usp=sharing</a>
Thursday	<a href="https://docs.google.com/presentation/d/1pAJx7Nm30zKLqfxkz6Jd3o_iUc9Lh5DnBGc6dZA3BM/edit?usp=sharing">https://docs.google.com/presentation/d/1pAJx7Nm30zKLqfxkz6Jd3o_iUc9Lh5DnBGc6dZA3BM/edit?usp=sharing</a>
Friday	<a href="https://docs.google.com/presentation/d/1I0qfrRCVRAV9RACidY1pJBDQumhEBBUjYtMu9omjuvk/edit?usp=sharing">https://docs.google.com/presentation/d/1I0qfrRCVRAV9RACidY1pJBDQumhEBBUjYtMu9omjuvk/edit?usp=sharing</a>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 14: 6/22-6/28</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 15, 1 set to failure) / Supermans (4 sets of 15) / Tricep Dips on chair (4 sets of 15) / Isometric Bicep Curl w/ Towel (4 sets of 15 - hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 10) / Explosion Pushups (3 sets of 15, 1 set to failure)</p> <p>Line Hops: 50 front,back / 50 side to side / 50 R leg front back / 50 L leg front back / 50 R leg side to side / 50 L leg side to side / 50 hop skotch / 50 clockwise rotations hops / 50 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 15, 1 set to failure) / Seated Leg Lift (4 sets of 15 each leg) / Standing Hamstring Extension (4 sets of 15 each leg) / Goblet Squat w/ Object (4 sets of 15 ) / Standing Calf Raise on Edge (4 sets of 15)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 15, 1 set to failure) / Flying Opposites (4 sets of 15) / Tricep Triangle Dips (4 sets of 15) / Doorway bicep curl (4 sets of 15 - hold each rep for 3 seconds) / YTW w/ Soup Cans (4 sets of 10) / Decline Pushups (3 sets of 15, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 15, 1 set to failure) / Standing Leg Lift (4 sets of 15 each leg) / Sideways Lunge (4 sets of 15 each leg) / Walking Lunge (4 sets of 15 ) / 1 Leg Calf Raise (4 sets of 15 each leg)</p> <p>Stairs Footwork: Run up your stairs for 5 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 15: 6/29-7/5</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 20, 1 set to failure) / Supermans (4 sets of 20) / Tricep Dips on chair (4 sets of 20) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 12) / Explosion Pushups (3 sets of 20, 1 set to failure)</p> <p>Line Hops: 50 front,back / 50 side to side / 50 R leg front back / 50 L leg front back / 50 R leg side to side / 50 L leg side to side / 50 hop skotch / 50 clockwise rotations hops / 50 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 20, 1 set to failure) / Seated Leg Lift (4 sets of 20 each leg) / Standing Hamstring Extension (4 sets of 20 each leg) / Goblet Squat w/ Object (4 sets of 20) / Standing Calf Raise on Edge (4 sets of 20)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 20, 1 set to failure) / Flying Opposites (4 sets of 20) / Tricep Triangle Dips (4 sets of 20) / Doorway bicep curl (4 sets of 20- hold each rep for 3 seconds) / YTW w/ Soup Cans (4 sets of 12) / Decline Pushups (3 sets of 15, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 20, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20each leg)</p> <p>Stairs Footwork: Run up your stairs for 5 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 16: 7/6-7/12</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 20, 1 set to failure) / Supermans (4 sets of 20) / Tricep Dips on chair (4 sets of 20) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 12) / Explosion Pushups (3 sets of 20, 1 set to failure)</p> <p>Line Hops: 50 front,back / 50 side to side / 50 R leg front back / 50 L leg front back / 50 R leg side to side / 50 L leg side to side / 50 hop skotch / 50 clockwise rotations hops / 50 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 20, 1 set to failure) / Seated Leg Lift (4 sets of 20 each leg) / Standing Hamstring Extension (4 sets of 20 each leg) / Goblet Squat w/ Object (4 sets of 20) / Standing Calf Raise on Edge (4 sets of 20)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 20, 1 set to failure) / Flying Opposites (4 sets of 20) / Tricep Triangle Dips (4 sets of 20) / Doorway bicep curl (4 sets of 20- hold each rep for 3 seconds) / YTW w/ Soup Cans (4 sets of 12) / Decline Pushups (3 sets of 15, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 20, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20each leg)</p> <p>Stairs Footwork: Run up your stairs for 5 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 17: 7/13-7/19</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 25, 1 set to failure) / Supermans (4 sets of 25) / Tricep Dips on chair (4 sets of 25) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 15) / Explosion Pushups (3 sets of 20, 1 set to failure)</p> <p>Line Hops: 60 front,back / 60 side to side / 60 R leg front back / 60 L leg front back / 60 R leg side to side / 60 L leg side to side / 60 hop skotch / 60 clockwise rotations hops / 60 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 25, 1 set to failure) / Seated Leg Lift (4 sets of 25 each leg) / Standing Hamstring Extension (4 sets of 25 each leg) / Goblet Squat w/ Object (4 sets of 25) / Standing Calf Raise on Edge (4 sets of 25)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 30 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 30 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 25, 1 set to failure) / Flying Opposites (4 sets of 25) / Tricep Triangle Dips (4 sets of 25) / Doorway bicep curl (4 sets of 25 ) / YTW w/ Soup Cans (4 sets of 15) / Decline Pushups (3 sets of 20, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 20, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20each leg)</p> <p>Stairs Footwork: Run up your stairs for 6 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)

	<b>Week 18: 7/20-7/26</b>
Monday	<p>Upper Body Focus: Pushups (3 sets of 30, 1 set to failure) / Supermans (4 sets of 30) / Tricep Dips on chair (4 sets of 30) / Isometric Bicep Curl w/ Towel (4 sets of 20- hold each rep for 3 seconds) / Front,Lateral,Rear Shoulder Raise w/ Soup Cans (4 sets of 15) / Explosion Pushups (3 sets of 25, 1 set to failure)</p> <p>Line Hops: 60 front,back / 60 side to side / 60 R leg front back / 60 L leg front back / 60 R leg side to side / 60 L leg side to side / 60 hop skotch / 60 clockwise rotations hops / 60 counter clockwise rotation hops</p>
Tuesday	<p>Lower Body Focus: Body Weight Squats (3 sets of 30, 1 set to failure) / Seated Leg Lift (4 sets of 25 each leg) / Standing Hamstring Extension (4 sets of 25 each leg) / Goblet Squat w/ Object (4 sets of 30) / Standing Calf Raise on Edge (4 sets of 30)</p> <p>Sprint Work: 10 sprints of 10 yards (walk back to start = rest) / 5 sprints of 20 yards (walk back to start = rest)</p>
Wednesday	<p><b>CARDIO DAY - Do at least 35 minutes of continuous cardio activity such as: go for a run, go for a run/walk (run part of it, walk part, run part, walk part), ride bike vigorously, do workout video you find online</b></p> <p><b>Follow that up with Core 8 sets of 45 seconds (front plank, side plank, back plank, v-ups, russion twists, front crunch, side crunch, toe touches, 6" leg holds, 6" leg flutters, 6" leg scissors, 6" leg alligators)</b></p>
Thursday	<p>Upper Body Focus: Incline Push Ups on Edge (3 sets of 30, 1 set to failure) / Flying Opposites (4 sets of 30) / Tricep Triangle Dips (4 sets of 25) / Doorway bicep curl (4 sets of 25 ) / YTW w/ Soup Cans (4 sets of 15) / Decline Pushups (3 sets of 25, 1 set to failure)</p> <p>Sprint Work: Forward Falling starts then sprint for 10 yards x 2 reps, sideways starts then sprint for 10 yards x 2 reps, lawn mower pulling facing opposite direction starts then sprint for 10 yards x 2 reps, pushup starts then sprint for 10 yards x 2 reps, 10 tuck jumps then sprint for 10 yards x 2 reps , 3 Frog Hops then sprint for 10 yards x 2 reps</p>
Friday	<p>Lower Body Focus: Overhead Squats (3 sets of 25, 1 set to failure) / Standing Leg Lift (4 sets of 20 each leg) / Sideways Lunge (4 sets of 20 each leg) / Walking Lunge (4 sets of 20) / 1 Leg Calf Raise (4 sets of 20 each leg)</p> <p>Stairs Footwork: Run up your stairs for 7 minutes (walk down = rest) take a break then repeat (do this two times)</p>
Saturday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)
Sunday	Active Recover = go for walk, leisure ride bike, shoot hoops at your house (activity not sitting around your house)