

SUGGESTED SUMMER WORKOUTS

#1

20 –Thrusters

20- Pull Deadlift

20- Push Press

20- Front Squats

20- Overhead Squats

Timed workout- 20 minutes, every minute do 5 up/downs.

#2

10 – chest /knee jumps

50 jump ropes

Jog lap around all 6 courts

5 sets

#3

Ladder: 15 Wall Ball

Run 1 lap

15 Up /Downs

15 Push Press

Run 1 lap

#4

50 pushups

50 Wall touches w/ball (situps)

50 Kettle Swings

50 Jumping Lunges

#5

100 line touches

Every minute you will do 4 up/downs

#6

Pushups

Air Squats

Pullups

8 rounds of 20 sec. work, 10 sec. rest

#7

Medicine Ball workout

20- Ground/overhead

20 situps

20 Overhead Squats

20- Pushups with ball

20- Wall ball

3 sets

#8

10- Manmakers

10- One arm ground/up

10- Lunges/ ball overhead

10- Wall touch sit up

4 sets

#9

5- pull-ups

10 –Pushups

15- Dead lifts

50- Jump Ropes

As many sets as you can in 15 min.

#10

½ Year (183)

Start with the first exercise and do as many without stopping as you can then move to the next and do the same. Total of 183 reps

- 1. Up/Downs**
- 2. Clean Squat**
- 3. Push Press**
- 4. Sumo Dead Lift Pull**
- 5. Weighted Lunges**

Running

#1. 3x400 (Under 95 sec.)

2x200 (under 35 sec.)

#2. 10 sets- Line touches (time the first one and try to match that time)

#3. Run shuttles on football field

**5 &back, 10 & back, 15 & back, 20 & back, 25& back, 30 & back, 35& back, 40 & back,
Then work backwards**