



Spartan Football At-Home Work Out

Week 1



| Monday, Mar 23 | Tuesday, March 24 | Wednesday, March 25 | Thursday, March 26 | Friday, March 27 |
|--|--|--|--|--------------------------------------|
| Dynamic Warm-Up (Your Choice) | Dynamic Warm-Up (Your Choice) | Dynamic Warm-Up (Your Choice) | Dynamic Warm-Up (Your Choice) | Dynamic Warm-Up (Your Choice) |
| Strength Training | Strength Training | Strength Training | Strength Training | Strength Training |
| Weighted or air squats 4x25 | Push ups 4x15 | Weighted or air squats 4x25 | Push ups 4x15 | Weighted or air squats 4x25 |
| Reverse lunges 4x10 each | Diamond push ups 4x10 | Reverse lunges 4x10 each | Diamond push ups 4x10 | Reverse lunges 4x10 each |
| Step ups 4x10 each | Sitted dips 4x10 | Step ups 4x10 each | Sitted dips 4x10 | Step ups 4x10 each |
| Squat jumps 4x10 each | Pull ups 4x amap | Squat jumps 4x10 each | Pull ups 4x amap | Squat jumps 4x10 each |
| RDL 4X15. Whatever weight available | Curl 4x10 whatever weight available | Single Leg RDL 4X15 | Curl 4x10 whatever weight available | Single Leg RDL 4X15 |
| Wall sits 4x :30 | Clapping push ups 4x8 | Wall sits 4x :30 | Clapping push ups 4x8 | Wall sits 4x :30 |
| Core | Core | Core | Core | Core |
| Russian twists 4x25 each | Side planks 4 x:45 each side | Planks 4x 1:00 | Side planks 4 x:45 each side | Planks 4x 1:00 |
| Weighted crunches 4x20 | Push up hold 4x1:00 | Side planks 4 x:45 each side | Push up hold 4x1:00 | Side planks 4 x:45 each side |
| Weighed overhead sit up 4x15 | Push up to plank hold 4x10 | Six inch toe hold 4x1:00 | Push up to plank hold 4x10 | Six inch toe hold 4x1:00 |
| Running | Running | Running | Running | Running |
| 14-3 sec sprint (full speed) 30 sec rest | 8-5 sec sprints (full speed) 30 sec rest between | Sprint for 5 seconds for 6 reps. | 8-5 sec sprints (full speed) 30 sec rest between | Sprint for 23 seconds 3 times |
| 12-4 sec sprint rest(full speed) 30 sec rest | 6-6 sec sprints(full speed) 30 sec rest between | Rest 5 minutes between each sprint | 6-6 sec sprints(full speed) 30 sec rest between | rest for 10 minutes between run |
| 10-5 sec sprint (full speed) 30 sec rest | 4-7 sec sprints (full speed) 30 sec rest between | | 4-7 sec sprints (full speed) 30 sec rest between | |
| | Rest 5 minutes between each set of sprints | | Rest 5 minutes between each set of sprints | |
| Plyometrics | Plyometrics | Plyometrics | Plyometrics | Plyometrics |
| 5 imaginary plyo boxes x 2 | | 1 legged jumping lunges 10 reps each leg | | pogo stick for 10 reps |
| Squat jump for 10 reps | | skiers (hop side to side) 10 reps each leg | | squat jumps for 10 reps |
| Broad Jump 4 sets of 5 reps | | | | Bound for 10 reps each leg |
| Static Stretch (Your Choice) | Static Stretch (Your Choice) | Static Stretch (Your Choice) | Static Stretch (Your Choice) | Static Stretch (Your Choice) |