



MAXIMUM VELOCITY FC  
62 CALEF HWY, SUITE 125  
LEE, NH 03861



A Day – Lower body focus:

Exercise and modifications	Reps/sets	Rest Time
<b>Warm Up:</b> <b>Get your heartrate up!</b>	<p>IF ACCESS TO CARDIO MACHINES: 5-10 minutes of jogging, elliptical, or biking</p> <p>IF NO ACCESS TO CARDIO MACHINES: 5-10 minutes of in place cardio including:</p> <ul style="list-style-type: none"><li>- 4 rounds of 30second high knees</li><li>- 4 rounds of 30second butt kicks</li><li>- 4 rounds of 30 second jumping jacks</li><li>- 4 rounds of 30second jogging in place</li><li>- 2 rounds of 30 seconds of side to side jumps</li><li>- 2 rounds of 30 seconds of front to back double leg jumps</li></ul> <p>DYNAMIC STRETCHING SIMILAR TO PRACTICE/GAME WARM UP- (follow either cardio warm up with this) Target hamstrings, quads, calves, IT band, glutes, groin, and hip flexors</p>	1-2 minutes for water or extra stretching if needed
<b>Squat to vertical jump</b>  (if using light weights: Rack them at your sides (one in each hand) Drop them at the bottom of the squat and then perform the vertical jump)	3 sets 5 reps (4,1,1 tempo)  4 second lower into squat, 1 second hold at bottom Quick vertical jump	1-2 minutes

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<p><b>Lunges (split squat form) with isometric hold</b></p> <p>If adding small weights, either rack them in a goblet position or at sides similar to the squat earlier</p>	<p>3 sets 6 reps each leg (4,2,1 tempo)</p> <p>4 second lower, 2 second hold, 1 second back up</p>	<p>1-2 minutes</p>
<p><b>Hamstring curls to bridge (double leg)</b></p> <p>If working out on carpet – use a paper plate as a slider</p> <p>If working out on hardwood/slippery floor – use a hand towel as a slider</p> <p>If adding small weights, hold them across hips at short/pant line</p>	<p>3 sets 8 reps (1,2,4 tempo)</p> <p>Starting position: Lying on back with bottoms of feet on sliders and slight knee bend</p> <p>Movement: Bring feet toward butt while lifting butt up into a bridge position (quickly), hold for two seconds, and SLOWLY release legs down to starting position</p>	<p>1-2 minutes</p>
<p><b>Single leg Good Mornings into knee drive</b></p> <p>if using weights, hold in opposite hand to the working leg (stationary leg)</p>	<p>3 sets 8 reps each leg (4, 1, 1 tempo)</p> <p>Starting position: Standing on one leg with other leg straight behind</p> <p>Movement: With a straight back and arms pointing towards the ground, hinge from hips while keeping back leg straight (aim to have it parallel to the ground) and lower torso towards the ground SLOWLY. Hold this position (should feel a stretch in the working leg's hamstring) for a quick</p>	<p>1-2 minutes</p>



	<p>second. Then drive the back-leg's knee up into a high knee position, hold for a quick second (BALANCE, no wobbling)</p> <p>Emphasis on STRAIGHT/FLAT back throughout the movement</p>	
<p><b>SUPER SET:</b> <b>Side lunges and curtsey lunges</b></p> <p>Glute medius targets – prevent groin injuries</p> <p>*should feel BOTH of these on the outside of your glutes, NOT groin, work on a PUSHING motions instead of a PULLING motion*</p>	<p>3 sets 10 reps each leg No tempo</p> <p>Perform 10 reps on each leg for side lunges, take a slight break and move to 10 reps of curtsey lunges on each leg, repeat until all sets are finished.</p>	1-2 minutes
<p><b>Single Leg squats to couch/chair/step</b></p>	<p>3 sets 8 reps each leg Tempo: IF THIS IS DIFFICULT – no tempo just focus on proper form, IF THIS IS EASY: slow lower to chair (4 seconds) and explode up (1 second)</p> <p>Emphasis on proper form including:</p> <ul style="list-style-type: none"> <li>- Knee over toes</li> <li>- No knee wobbles</li> <li>- Sit hips back</li> <li>- Full extension at top of squat (engage the glutes)</li> </ul>	1-2 minutes
<p><b>Eccentric calf raises</b> Use a stair or raised surface</p>	<p>3 sets 10 reps each leg</p>	1 minute



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	<p>Tempo: 1 second up to calf raise, 4 seconds down to end range</p> <p>Movement:          BOTH legs are used to get UP to the calf raise starting position then (while in that position) move to using only one leg and SLOWLY lower down as far as you can, you should feel a stretch in the calf.</p>	
<b>CORE:</b>		
<p><b>Perform any of your favorite three exercises from the previous lifting packet or any other personal favorites</b></p>		
<b>CARDIO:</b>		
<p><b>Aim for 30 minutes of cardio in your target heartrate zone</b></p> <p>For those of you that may not know what that means:          Target heart rate for cardio is 60-80% of your max HR          Your max = 220- your age</p> <p>Example: a 20-year-old  <math>220-20 = 200</math>          Target HR zone = 120-160 beats per minute</p> <p>You can take your own heart rate before, during and after your session for 10 seconds and multiple by 6 (60 seconds) and see if you're in that target range or take it for longer (30 seconds) and multiple by 2</p>	<p>30 minutes of ANY cardio</p> <p>Running, HIIT workouts, Stairs, walking, intervals (jogging, sprinting, walking)</p> <p>If you need ideas, ASK!</p>	<p>Rest and stretch after ALL WORKOUTS!</p>

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B Day – Upper body focus

Exercise and modifications	Reps/sets	Rest Time
<p><b>Warm Up:</b></p> <p><b>Get your heartrate up!</b></p> <p><b>ALSO ADD:</b></p> <ul style="list-style-type: none"> <li>- <b>Shoulder circles</b> <b>small: x10 forward,</b> <b>x10 backward, Large:</b> <b>x10 forward, x10</b> <b>backwards</b></li> </ul>	<p>IF ACCESS TO CARDIO MACHINES: 10 minutes of jogging, elliptical, or biking</p> <p>IF NO ACCESS TO CARDIO MACHINES: 10 minutes of in place cardio including:</p> <ul style="list-style-type: none"> <li>- 4 rounds of 30second high knees</li> <li>- 4 rounds of 30second butt kicks</li> <li>- 4 rounds of 30 second jumping jacks</li> <li>- 4 rounds of 30second jogging in place</li> <li>- 2 rounds of 30 seconds of side to side jumps</li> <li>- 2 rounds of 30 seconds of front to back double leg jumps</li> </ul> <p>DYNAMIC STRETCHING SIMILAR TO PRACTICE/GAME WARM UP- (follow either cardio warm up with this) Target hamstrings, quads, calves, IT band, glutes, groin, and hip flexors</p>	<p>1-2 minutes for water or extra stretching if needed</p>
<p><b>SUPER SET</b></p> <p><b>Triceps pushups</b></p> <p><b>Super set with:</b></p> <p><b>WIDE pushups</b></p> <p><b>MODIFICATIONS IF NEEDED:</b></p> <p><b>To make easier:</b></p>	<p>3 sets</p> <p>10 reps</p> <p>TEMPO FOR BOTH: 3 down, 2 hold, 1 up</p>	<p>1-2 minutes</p>



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<p><b>Use a wall or couch for hand placement</b> <b>Or</b> <b>Drop to knees</b></p> <p><b>To make harder:</b> <b>Use couch for legs (decline push up position)</b></p>		
<p><b>Push up plus</b>  (serratus anterior target)</p>	<p>3 sets 12 reps TEMPO: 1,4,4</p> <p>Movement: Start in high plank (on hands instead of elbows) position Keeping a straight back, bring ONLY shoulder blades together (your chest should feel like it's getting closer to the ground) Then, push the ground away through your hands and protract your shoulder blades (push your shoulder blades towards the ground as much as you can)</p> <p>Emphasis on SQUEEZING shoulder blades together at the beginning of the exercise and then HOLDING the protracted position</p>	<p>1-2 minutes</p>
<p><b>Triceps dips</b> Use a couch or sturdy bench type of structure</p> <p>Modifications/tips: BENDING knees = easier STRAIGHT knees = harder</p>	<p>3 sets 15 reps No tempo – complete all reps with depth</p>	<p>1-2 minutes</p>

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PROPPING LEGS UP ON OTTOMAN = Hardest		
<b>Superman's with a twist</b>  Arms extended out front (making an "I") then move arms out to the side with thumbs pointing towards the ceiling ("T") then finish with elbows bent and shoulder blades squeezed ("W")	3 sets 12 reps Tempo: 1-2 second hold in each position to target back muscles	
<b>Lat sliders (use those paper plates or towels from leg day)</b>	3 sets 10 reps Tempo: 4 out, 1 hold, 1 back  Movement: Starting in high plank position (on toes will be harder, on knees will be easier) slide arms up (overhead position) SLOWLY, hold, then quickly return to high plank position  Emphasis on a STRAIGHT back – engage that core!	1-2 minutes
<b>Sideways walking planks and plank taps</b>	3 sets 8 reps each side (8 reps to the R, then repeat on L) Tempo: no tempo, get back straight and perform with good form  Movement: In a high plank (on toes)  Moving to the Right: R hand taps L shoulder then advances to the R, L hand taps R shoulder and advances, etc.	1-2 minutes

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	Moving to the Left: Start with L hand tapping R shoulder then advance to the L	
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<b>CARDIO:</b>		
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C Day – Core and Plyometrics/speed focus

Exercise and modifications	Reps/sets	Rest Time
<b>Warm Up:</b>	<p>IF ACCESS TO CARDIO MACHINES: 5-10 minutes of jogging, elliptical, or biking</p> <p>IF NO ACCESS TO CARDIO MACHINES: 5-10 minutes of in place cardio including:</p> <ul style="list-style-type: none"><li>- 4 rounds of 30second high knees</li><li>- 4 rounds of 30second butt kicks</li><li>- 4 rounds of 30 second jumping jacks</li><li>- 4 rounds of 30second jogging in place</li><li>- 2 rounds of 30 seconds of side to side jumps</li><li>- 2 rounds of 30 seconds of front to back double leg jumps</li></ul> <p>DYNAMIC STRETCHING SIMILAR TO PRACTICE/GAME WARM UP- (follow either cardio warm up with this) Target hamstrings, quads, calves, IT band, glutes, groin, and hip flexors</p>	1-2 minutes for water or extra stretching if needed
<b>Burpees with jump and push up</b>	3 sets 8 reps Tempo: as powerful as you can (i.e. jump as high as you can and perform as quickly as possible)	1-2 minutes

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<b>Skaters (lateral single leg jumps)</b>	3 sets 10 reps (each leg) Tempo: as powerful as you can EMPHASIS ON GOOD, QUIET, STABLE LANDING AND NO HEIGHT ON THE JUMP (STAY IN THE TUNNEL = MORE LATERAL POWER)	1-2 minutes
<b>Switch lunge jumps</b>	3 sets 10 reps Tempo: QUICK  Movement: Starting in a lunge position, jump and switch legs and repeat for all reps	1-2 minutes
<b>Wall running</b>	3 sets 12 reps each leg Tempo: as fast as possible with quick ground contact (fast feet)  Movement: Find a wall, place hands on wall and bring feet far enough back to be at a decent angle (similar to running a spring) From here, perform “high knees” with quick feet off the ground and a 90degree angle at your hip (from your torso, your knee will still be pointing the ground)	1-2 minutes
<b>HILL SPRINTS:</b>  <b>If you have access to a hill = use that (outdoors = fresh air!)</b>	10 sets 1 rep = 30 seconds  EMPHASIS ON POWER AND SPEED – push the ground away and MOVE THOSE	1 minute– return to bottom on hill on a jog or walk

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<p><b>If you don't have a hill but have access to a treadmill, increase the incline then perform max sprints for 15 seconds</b></p> <p><b>If you only have access to flat ground – still perform at MAX speed!</b></p>	<p>ARMS your arms should mimic what your legs are doing (back arm is fully extended, front arm is bent towards the chin)</p> <p>There's a saying "cheek to cheek" – that's where your hands should almost end up</p>	
<p><b>Straight leg toe jumps</b></p> <p>Keeping knees MOSTLY straight, jump as high as possible with quick rebounds</p>	<p>3 sets 15 reps (endurance here) Tempo: as quickly as possible)</p> <p><b>**lets avoid shin splints next year!**</b></p>	1 minute
<p><b>Mountain climbers</b></p>	<p>3 sets 20 reps</p>	1 minute
<p><b>Plank tucks</b></p> <p>Either with those sliders you've been using or jumping</p>	<p>3 sets 15 reps (5 Left, 5, Right, 5 Middle)</p> <p>Movement: In a high plank, bring both knees towards chest while sliding (or jumping) the feet in (similar to mountain climbers but with BOTH legs), perform this to each side but bringing the knees towards/just outside your elbow</p>	1-2 minutes
<p><b>Plank with rotation</b></p>	<p>3 sets 16 reps – 8 to each side</p> <p><b>*this was part of the off-season lift*</b></p> <p>Movement:</p>	1-2 minutes



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	Start in normal plank position on knees or toes and rotate body to the side	
<b>Dead bugs</b>	<p>3 sets 10 reps on each side (opposite leg and arm move together)</p> <p>*this was part of the off-season lift*</p> <p>Movement: Starting on back with knees/hips at 90/90 and arms straight up to the ceiling. Drop opposite leg and arm while keeping core tight and no rotation throughout, return to starting position and repeat on other side.</p>	1 minute
<b>Side crunches</b>	<p>3 sets 10 reps to each side</p> <p>Movement: Lay on back with one foot crossed over onto opposite knee (figure 4 position) Crunch up for opposite elbow to opposite knee</p> <p>EXAMPLE: Left foot is on right knee, left elbow goes to R knee</p> <p>Right foot on left knee, right elbow goes to L knee</p>	1 minute
<b>Straight leg sit ups</b>	<p>3 sets 15 reps</p> <p>Movement:</p>	1 minute

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	Laying on back with legs straight Sit ALL the way up while keeping legs relatively straight (some knee bend is okay)	
<b>No need to do cardio on this day, this is designed as more of a HIIT workout, rest and stretch!</b>		

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