



TRAINING @ HOME

GENERAL
INFO

POWERED BY **BIOSTEEL**

EDUCATIONAL VIDEOS

- How to Read the Workout (Ages 8-12)
- How to Read the Workout (Ages 13+)
- Introduction to Tempos (time under tension)
- Emphasis on Technique and Quality

MINI BAND SERIES (HIP ACTIVATION)

Exercise	Sets	Reps	Notes
Linear Band Walk	1-3	10RL	
Backward Band Walk	1-3	10RL	
Lateral Band Walk	1-3	10RL	
Staggered Lat Band Walk 1	1-3	10RL	front foot
Staggered Lat Band Walk 2	1-3	10RL	rear foot

ADVANCED SPEED PROGRESSIONS

- Icky Shuffle to 3 Cone V Shuffle
- Crossover to 3 Cone Crossover
- Lateral S.L. In/Out to 2 Cone Shuffle

FULL DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Back Jog w/ Arm Swing	1	10 yds.	
High Knees	1	10 yds.	
Cherry Picker	1	10 yds.	
A Skip	1	10 yds.	
Backward Knee Flare	1	10 yds.	
Shuffle w/ Arm Swing	1	10 yds.	both sides
Carioca High Step	1	10 yds.	both sides
Linear Lunge w/ Reach	1	5RL	both legs
Ankle Grab Quad Stretch	1	5RL	both legs
Figure 4 w/ Pull	1	5RL	both legs
Calf Sweep w/ Arm Circle	1	5RL	both legs
Hamstring T's	1	5RL	both legs
Lateral Shift Lunge	1	5RL	both legs
Instructional Demo Video Kid Version			

SUPPLEMENTAL VIDEOS

EXERCISE MODIFICATIONS

- Backpack Squat
- Backpack Split Squat
- Backpack RFE Split Squat
- Backpack Split Squat (front loaded)
- Backpack Alternate Reverse Lunge
- Backpack Walking Lunge
- Backpack Reverse Lunge (front loaded)
- Backpack Lateral Lunge
- Backpack RDL
- Towel Hamstring Curl
- Backpack Single Leg RDL
- Single Leg Towel Hamstring Curl

EXERCISE REGRESSIONS

Landmine Front Squat	➔	DB Goblet Squat
DB Goblet Squat	➔	Supported Body Weight Squat
DB Split Squat	➔	Supported Split Squat
Push Up	➔	Incline Push Up
Chin Up	➔	Band Assisted Chin Up
Front Plank	➔	Incline Front Plank
Side Plank	➔	Incline Side Plank



"ADAPTABILITY IS ABOUT THE POWERFUL DIFFERENCE BETWEEN ADAPTING TO COPE AND ADAPTING TO WIN."



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AGES
8-12

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DAY 1: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	10 minutes

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	
A2) High Plank w/ Tap	2	10	
A3) Base Pogos	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Squat Jump to Broad Jump	5	5	
B2) Falling Start to Sprint	5	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
C1) Goblet Squat	4	15	BW or DB
C2) Push Up	4	15	slow down
C3) Low Plank	4	30 sec.	rest 1 min.
D1) BW Lunge Walk	4	12RL	BW or DB
D2) ISO BO Towel Row	4	30 sec.	
D3) Star Plank	4	30 sec.	rest 1 min.

CONDITIONING

15 sec. moderate effort (bike/run) + 45 sec. active rest (10x)

Active Rest Options: stick handle, walk or easy spin on bike

DAY 2: MOVEMENT (LINEAR FOCUSED)

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	10 minutes

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	
A2) Plea Squat	2	10	
A3) High Pogos	2	10	

PLYO

Exercise	Sets	Reps	Notes
B1) Drop Split Jump	3	5RL	rest 30 sec.
B2) Drop Lunge Jump	3	5RL	rest 30 sec.

LADDER

Exercise	Sets	Reps	Notes
C1) Icky Shuffle to Sprint	5	1	rest 30 sec.
C2) Lin. S.L. In/Out Sprint	5	1RL	rest 30 sec.

MOVEMENT SKILLS (LINEAR FOCUSED)

Exercise	Sets	Reps	Notes
D1) S.L. Acceleration	4	5RL	
D2) Acceleration March	4	10 sec.	
D3) Acceleration Singles	4	5RL	rest 1 min.
E1) High Plank Sprint	5	1RL	rest 30 sec.
E2) Split Stance Drop Sprint	5	1RL	rest 30 sec.

DAY 3: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	10 minutes

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	
A2) High Plank w/ Tap	2	10	
A3) Lateral Base Pogos	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Skater Jumps	5	5RL	
B2) Shuffle to Sprint	5	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
C1) Split Squat	4	12RL	BW or DB
C2) Close Grip Push Up	4	15	slow down
C3) Side Plank	4	30 sec.	rest 1 min.
D1) Pull Up	4	5-10	
D2) Hamstring Curl	4	15	towel on floor
D3) High Plank Pike	4	15	rest 1 min.

CONDITIONING

10 yd. sprint + 5 yd. back pedal, 45 sec. active rest (10x)

Active Rest Options: stick handle, walk or easy spin on bike



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DAY 4: MOVEMENT (LATERAL FOCUSED)

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	10 minutes

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	
A2) Plea Squat	2	10	
A3) High Pogos	2	10	

PLYO

Exercise	Sets	Reps	Notes
B1) S.L. Lat. Hurdle Hop	3	5RL	
B2) S.L. Med. Hurdle Hop	3	5RL	rest 1 min.

LADDER

Exercise	Sets	Reps	Notes
C1) Lateral Skier to Sprint	5	1	rest 30 sec.
C2) Lat. S.L. In/Out Sprint	5	1RL	rest 30 sec.

MOVEMENT SKILLS (LATERAL FOCUSED)

Exercise	Sets	Reps	Notes
D1) Acceleration March	4	10 sec.	
D2) S.L. Shuffle Accel.	4	5RL	
D3) S.L. Crossover Accel.	4	5RL	rest 1 min.
E1) Split Lateral Sprint	5	1RL	rest 30 sec.
E2) Pro Agility Shuffle	5	1RL	rest 30 sec.

DAY 5: STRENGTH + CONDITIONING

DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	10 minutes

ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	
A2) High Plank w/ Tap	2	10	
A3) Base Rotations	2	10 sec.	

PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Squat Jump to Broad Jump	4	5	
B2) Falling Start to Sprint	4	10 yds.	rest 45 sec.

STRENGTH

Exercise	Sets	Reps	Notes
C1) Goblet Squat	4	15	BW or DB
C2) Push Up	4	15	slow down
C3) Front Plank w/ Reach	4	10RL	rest 1 min.
D1) Piston Squat	4	12RL	BW or DB
D2) ISO BO Towel Row	4	30 sec.	
D3) S.L. Glute Bridge	4	12RL	rest 1 min.

CONDITIONING

15 sec moderate effort (bike/run) + 45 sec active rest (10x)
Active Rest Options: stick handle, walk or easy spin on bike



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