



Spartan Football At-Home Work Out

Week 3



Mon., April 6	Tues., April 7	Wed., April 8	Thurs, April 9	Fri., April 10
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	Decline push ups 4x10	Walking lunges 4x10 each	Diamond push ups 4x10	Reverse lunges 4x10 each
Step ups 4x10 each	Seated dips 4x10	Step ups 4x10 each	Seated dips 4x10	Step ups 4x10 each
Squat jumps 3X20 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	
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
Sprint as fast as you can for 23 seconds 3 times rest for 10 minutes between sprint	8-5 sec or 40 ydssprints (full speed) 30 sec rest 6-6 sec or 50 yd sprints(full speed) 30 sec rest 4-7 sec 60 yd sprints (full speed) 30 sec rest between Rest 5 minutes between each set of sprints	14-3 sec or 20 yd sprint (full speed) 30 sec rest 12-4 or 30 yd sec sprint rest(full speed) 30 sec rest 10-5 sec or 40 yd sprint (full speed) 30 sec rest Rest 5 minutes between each set of sprints	8-5 sec or 40 yd sprints (full speed) 30 sec rest between 6-6 sec 50 yd sprints(full speed) 30 sec rest between 4-7 or 60 yd sec sprints (full speed) 30 sec rest between Rest 5 minutes between each set of sprints	Sprint for 5 seconds for 6 reps. Rest 5 minutes between each sprint
Plyometrics	Plyometrics	Plyometrics	Plyometrics	Plyometrics
1 legged jumping lunges 10 reps each leg x 3 skiers (hop side to side) 10 reps each leg x 3		pogo stick for 10 reps x 3 squat jumps for 10 reps x 3 Bound and stick the landing for 10 reps each leg x 3		5 imaginary plyo boxes (stick the landing between jumps) x 4 Squat jump for 10 reps x 3 Broad Jump 4 sets of 5 reps
Static Stretch (Your Choice)	Static Stretch (Your Choice)	Static Stretch (Your Choice)	Static Stretch (Your Choice)	Static Stretch (Your Choice)