



Spartan Football At-Home Work Out

Week 7



Mon., May 4	Tues., May 5	Wed., May 6	Thurs, May 7	Fri., May 8
<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Lunges 4X10 Single Leg RDL 4X10 Step Up 4X10 Split Squat 4X10 Single Leg Squat 4X10 Push Up to Plank 4X10 Star 4X 10 Secs Inverted 1 Arm Push Ups 4X10 Bear Crawl 4X 20 Yds Crab Walk 4X20yds</p> <p>https://twitter.com/i/status/1254780657600876545</p> <p>Running 14-3 sec sprint (full speed) 30 sec rest 12-4 sec sprint rest(full speed) 30 sec rest 10-5 sec sprint (full speed) 30 sec rest</p> <p>Plyometrics https://twitter.com/MHSTrackField2/status/1255193671164735491</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training <i>Watch Video 1st</i> Push Up 4x10 Squat 4X10 Upright Row 4X10 Curls 4X10 https://twitter.com/i/status/1255506104412442626</p> <p>Running 8-5 sec sprints (full speed) 30 sec rest between 6-6 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</p> <p>Plyometrics https://twitter.com/MHSTrackField2/status/1240658251450122241</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Running Sprint for 5 seconds for 6 reps. Rest 5 minutes between each sprint</p> <p>Plyometrics https://twitter.com/MHSTrackField2/status/1240658251450122241</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Do all the lifts first with the Higher reps and repeat with lower reps Push Up 30 reps 14 Repts Step Up 30 reps 14 Repts Side Planks 30 reps 14 Repts Superman 30 reps 14 Repts Decline Push ups 22 reps 8 reps Glute Bridge 22 reps 8 reps Toe touches 22 reps 8 reps w's 22 reps 8 reps Overhead Press 18reps 2reps Single Leg RDL 18reps 2reps V Ups 18reps 2reps Swimmers 18reps 2reps https://twitter.com/i/status/1255874996087513091</p> <p>Running 8-5 sec sprints (full speed) 30 sec rest between 6-6 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</p> <p>Static Stretch (Your Choice)</p>	<p>Dynamic Warm-Up (Your Choice)</p> <p>Strength Training Isometric Training 4 sets on all lifts & Hold for 10 secs or longer Wall sit Wall push Overhead Shoulder press Lunge Hold Push Up Hold Pull Up Hold https://twitter.com/i/status/1250794090226122753</p> <p>Running Sprint for 23 seconds 3 times rest for 10 minutes between run</p> <p>Plyometrics https://twitter.com/MHSTrackField2/status/1239949720593760257</p> <p>Static Stretch (Your Choice)</p>