

“In order to accomplish what others don’t...You must be willing to do what others won’t”

4 WEEK PROGRAM



SPEED, STRENGTH, POWER & CHANGE OF DIRECTION TRAINING MANUAL

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This time of quarantine provides a huge window of opportunity for each of us to better ourselves in 3 areas: 1. Our Brain 2. Our Body & 3. Our Behavior

The individuals who take advantage of this time have a great opportunity to better themselves!

Attached you will find a 4 week workout. Each week has 5 workouts. 3 days of the week are strength/core workouts and 2 days of the week incorporate either speed, change of direction, plyometrics or footwork drills.

Feel free to modify this workout according to your needs!

#FASST

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WEEK 1

UPPER BODY STRENGTH AND CORE DAY

WORKOUT #1 “The Beach Body”

50 Pushups
50 Rack Rows / Inverted Rows or Band Pulls
100 Sit ups
Front Bridge 45 seconds

Do not move on to the next exercise until you have completed the all reps.

Do as many reps as you can, then rest and do any many reps as you can again until you reach required amount of reps.

Maintain good form throughout

COMPETE FOR TIME!!!! RECORD YOUR TIME!!!!

FOOT WORK & PLYOMETRICS DAY

WORKOUT #2

Dynamic Warm up (see attached sheet)

- Agility Ladder (Draw one in your driveway with tape or chalk!)
 - Running through foot in every hole 2x
 - Running through foot in every other hole 2x
 - Hops both feet every hole 2x
 - Hops right foot every hole 2x
 - Hops left foot every hole 2x
 - Ickey Shuffle 2x
 - Ski Hops 2x
 - Right Foot Ski hops 1x
 - Left Foot Ski hops 1x
 - Hop Scotch 2x
- Line Hops
 - Front to Back 30 seconds
 - Side to side 30 seconds
 - Rt. Foot front to back 30 seconds
 - Lt. Foot front to back 30 seconds
 - Rt. Foot side to side 30 seconds
 - Lt. Foot side to side 30 seconds
 - Ali Shuffle 30 seconds
 - Criss Cross 30 seconds

LOWER BODY STRENGTH AND CORE DAY

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WORKOUT #3 “THE ATHLETE MAKER”

| | |
|-----------------------|------------------|
| Jump Squats | 3 x 15 |
| Alternating V ups | 3 x 20 |
| Standing Lunges | 3 x 20 |
| Knee Cups | 2 x 25 |
| Air Squats | 2 x 20 |
| Single Leg Hip Raises | 2 x 10 each side |
| Front Bridge | 2 x 60 seconds |

PLYOMETRICS AND POWER DAY

WORKOUT #4

- Dynamic Warm up (see attached sheet)
- Plyometrics
 - Hops every stair 2x up and down
 - Hops every other stair 2x
 - Hops every 3 stairs 2x
 - Right foot hops every stair 1x
 - Left foot hops every stair 1 x
 - Running up every stair 2x
 - Running up every other stair 2x
 - Running up every 3 stairs 2x
- Broad Jump
 - 4 sets x 10 yards
 - Take your time with each jump and get your best, most explosive jump
 - Land soft!

TOTAL BODY STRENGTH WORKOUT

WORKOUT #5 “Athlete Maker 510 WORKOUT”

| | |
|---------------------------|------|
| Jump Squats | x 20 |
| Pushups | x 20 |
| Twisting Leg Hugs | x 20 |
| Air Squats | x 20 |
| Pull ups | x 10 |
| Straight Leg Knee Touches | x 20 |
| Power Lunges | x 20 |
| Pushups | x 20 |

_____ Do circuit 3 times through
= 170 reps X 3 = 510 REPS

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WEEK 2

UPPER BODY & CORE WORKOUT WORKOUT #6 “Train Hard”

| | |
|-------------------|------|
| Regular Pushups | 3x10 |
| Knee Cups | 3x20 |
| Chin ups | 3x8 |
| Clap Pushups | 3x6 |
| Twisting Leg Hugs | 3x20 |
| Jumping Chin ups | 3x15 |
| Bench Dips | 3x12 |

SPEED DAY WORKOUT

WORKOUT #7

Dynamic Warm up (see attached sheet)

- 6 x 10 yard sprints
- 4 x 20 yard sprints
- 4 x 40 yard sprints
- 1 x 80 yard sprints

- Full recovery between sprints

LOWER BODY & CORE WORKOUT WORKOUT #8 “No Walking Tomorrow”

50 Air squats

50 Sit ups

50 Jump Squats

50 Sit ups

25 Jump Squats

25 Each leg Walking Lunges

Do not move on to the next exercise until you have completed all the reps.

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CHANGE OF DIRECTION & POWER WORKOUT

WORKOUT #9

- Dynamic Warm up (see attached sheet)
- Broad Jump
 - 4 sets x 10 yards
 - Take your time with each jump and get your best, most explosive jump
 - Land soft!
- Speed Hops
 - 4 sets of each foot x 25 yards
 - Claw at ground
 - Drive Knee forward Gain speed with each hop!!
- Pro Agility Drill (5 yards-10 yards- 5 yards)
 - 10 reps
 - Do 5 reps going to the right to start and 5 reps going to the left to start
 - Stay low in and out of your breaks

WORKOUT #10

“QUARANTINED WORKOUT”

| | |
|-------------------|------|
| Pull ups | x 5 |
| Pushups | x 10 |
| Twisting Leg Hugs | x 12 |
| Air Squats | x 12 |

**** Go at a steady pace and repeat the circuit as many times as possible for 6 minutes straight. After 6 minutes, rest for 2 minutes and repeat for 6 more minutes, rest for 2 minutes, repeat for 6 more minutes.

COMPETE FOR TIME!!! RECORD YOUR TIME EACH 6 MINUTE CIRCUIT!!!!

WEEK 3

TOTAL BODY STRENGTH & CORE WORKOUT

WORKOUT #11

“GET BIG”

| | |
|---------------------------|-----------------------|
| Pushups (Clap if you can) | 3 x 8 |
| Power Lunges | 3 x 8 each leg |
| Close Grip Pushups | 3 x 12 |
| Air Squats | 3 x 15 |
| Push ups | 3 x 15 |
| Single Leg Hip Raises | 3 x 10 each side |
| Twists | 2 x 40 (20 each side) |
| Single Leg Squats | 2 x 20 (10 each leg) |
| Toe Touches | 2 x 25 |

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PLYOMETRICS & POWER WORKOUT

WORKOUT #12

- Dynamic Warm up (see attached sheet)
- Plyometrics
- Stair Hops
 - Hops every stair 2x up and down
 - Hops every other stair 2x
 - Hops every 3 stairs 2x
 - Right foot hops every stair 1x
 - Left foot hops every stair 1 x
 - Running up every stair 2x
 - Running up every other stair 2x
 - Running up every 3 stairs 2x
- Broad Jump
 - 4 sets x 10 yards
 - Take your time with each jump and get your best, most explosive jump
 - Land soft!

UPPER BODY & CORE WORKOUT

WORKOUT #13 “PLAYING WITH CARDS UPPER BODY”

| | |
|-----------|-------------------|
| Spades= | Pushups |
| Clubs= | Chin ups |
| Diamonds= | Bench Dips |
| Hearts= | Alternating V ups |

*Face Cards (Jack, Queen, King)= 11 reps

** Aces= 12 reps

***Shuffle a deck of cards. Pick a card and do the number of reps and exercise according to the time (i.e. 8 of diamonds= 8 reps of bench dips, Ace of Spades= 12 Pushups).

****Complete 25 cards.

SPEED DAY

WORKOUT #14

- Dynamic Warm up (see attached sheet)
- 12 hill sprints (find a hill that is anywhere 15-40 yards long with a slight incline)
- Full recovery between sprints

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**LOWER BODY & CORE DAY
WORKOUT #15**

“WHO’S WORKING HARDER THAN YOU 400”

- | | |
|-------------------|--------------------|
| Reverse Lunges | x 20 (10 each leg) |
| Sit Ups | x 20 |
| Side Lunges | x 20 (10 each leg) |
| Twisting Leg Hugs | x 20 |
| Air Squats | x 20 |
| Long Arm Touches | x 20 |
| Power Lunges | x 20 |
| Alternating V ups | x 20 |
| Jump Squats | x 10 |
| Knee Cups | x 20 |
| Superman’s | x10 |

=200 reps

Do circuit 2 times through = 400 reps AS FAST AS POSSIBLE!
COMPETE FOR TIME!!!!!! RECORD TIME!!!!

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WEEK 4

**UPPER BODY & CORE
WORKOUT #16**

“STRAIGHT UP CHEST & ABS 318”

| | |
|--------------------------------|------|
| Chin ups | x 8 |
| Pushups | x 20 |
| Twisting Leg Hugs | x 20 |
| Clap Pushups | x 8 |
| Jumping Pull ups | x 15 |
| Straight Leg Knee Touches | x 20 |
| Cross Over Pushups | x 10 |
| Alternating V ups | x 20 |
| Chin ups | x 8 |
| Staggered (left hand) Pushups | x 10 |
| Staggered (right hand) Pushups | x 10 |
| Knee Cups | x 20 |

=159 reps

Do circuit 2 times through = 318 reps AS FAST AS POSSIBLE!

Full recovery between each round---COMPETE FOR TIME!!!!!! RECORD TIME!!!!

SPRINT DAY

WORKOUT #17

- Dynamic Warm up (see attached sheet)
- Hollow Sprints
 - 10- 100 yard hollow sprints
 - Sprint 20 yards, stride 20 yards, sprint 20 yards, jog 20 yards
 - Walk back to starting line for your recovery time
 - Repeat 10 times

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TOTAL BODY STRENGTH & CORE WORKOUT

WORKOUT #18 “NAVY SEAL TRAINING”

100 Air Squats
100 Pushups
100 Situps
Front Bridge 120 seconds

Do not move on to the next exercise until you have completed the 100 reps.
Do as many reps as you can, then rest and do any many reps as you can again until you reach 100.
Maintain good form
COMPETE FOR TIME!!!! RECORD YOUR TIME!!!!

CHANGE OF DIRECTION, FOOTWORK & SPRINT DAY

WORKOUT #19

- Dynamic Warm up (see attached sheet)
- Pro Agility Drill (5 yards-10 yards- 5 yards)
 - 12 reps
 - Do 6 reps going to the right to start and 6 reps going to the left to start
 - Stay low in and out of your breaks
 - Sink your hips to touch the line
 - Full recovery between reps
- Agility Ladder Sprints (go through ladder then sprint 15 yards)
 - Running through foot in every hole 2x
 - Hops both feet every hole 2x
 - Hops right foot every hole 2x
 - Hops left foot every hole 2x
 - Ickey Shuffle 2x
 - Ali Shuffle Right Side 2x
 - Ali Shuffle Left Side 2x
 - Full recovery after 2 reps

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LOWER BODY & CORE WORKOUT

WORKOUT #20 "PLAYING WITH CARDS LOWER BODY"

| | |
|-----------|-------------------|
| Spades= | Air Squats |
| Clubs= | Power Lunges |
| Diamonds= | Knee cups |
| Hearts= | Twisting Leg Hugs |

*Face Cards (Jack, Queen, King)= 11 reps

** Aces= 12 reps

***Shuffle a deck of cards. Pick a card and do the number of reps and exercise according to the time (i.e. 8 of hearts= 8 reps of twisting leg hugs, Ace of Spades= 12 air squats).

****Complete 25 cards.

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DYNAMIC MOVEMENT PREP AKA THE WARM UP



- ⦿ **GLUTE ACTIVATION/COORDINATION (PICK 2-3)**
- ⦿ 2- 20 BAND WALKS FORWARD (ATHLETIC STANCE, LITTLE STEPS, KEEP TENSION ON BAND)
- ⦿ 2- 20 BAND WALKS FORWARD (ATHLETIC STANCE, LITTLE STEPS, KEEP TENSION ON BAND)
- ⦿ 1- WARRIOR CRAWL X 10 YARDS FORWARD (KEEP CORE TIGHT, BACK FLAT, HEEL TO OUTSIDE OF HAND)
- ⦿ 1- BEAR CRAWL X 10 YARD FORWARD/ BACKWARD (KEEP CORE TIGHT, BACK FLAT, OPP. ARM, OPP. LEG)
- ⦿ 2- 10 SINGLE LEG HIP BRIDGES (RAISE HIPS HIGH, HOLD FOR 1 COUNT, PRESS HEEL INTO GROUND)
- ⦿ **DYNAMIC MOBILITY (PICK 5-6)**
- ⦿ 2- STRIDES X 25 YARDS (GOOD FORM, ARM PUMP STRAIGHT UP AND DOWN, RUN ON BALLS OF FEET)
- ⦿ 2- BACKWARDS RUN X 25 YARDS (LEAN FORWARD, REACH BACK KICK BACK, IT IS NOT A BACKPEDAL)
- ⦿ 2- HIGH KNEE CARIOCA X 25 YARDS (DRIVE KNEE STRAIGHT UP AND STRAIGHT DOWN FAST!)
- ⦿ 2-QUICK FEET CARIOCA X 25 YARDS (SINK HIPS, QUICK LITTLE STEPS, QUICK, QUICK, QUICK)
- ⦿ 2-HIGH KNEE SKIPS X 25 YARDS (KNEE UP TOE UP, PUMP ARMS, DRIVE KNEE UP DOWN FAST!)
- ⦿ 2-LATERAL MARCHES X 25 YARDS (DRIVE OFF INSIDE FOOT, WORK ARMS)
- ⦿ 2- FRANKENSTEIN X 15 YARDS (STAY ON TOES, KICK FOOT TO HAND)
- ⦿ 2- FRANKENSTEIN SKIPS X 15 YARDS FORWARD AND BACK
- ⦿ 2- LUNGE with lean back X 15 YARDS (BIG STEP, PUSH HIPS FORWARD, LEAN BACK, EXPLODE OUT OF LUNGE POSITION)
- ⦿ **WORLD’S GREATEST STRETCH AKA “LAKER MAKERS”** (ELBOW TO INSTEP, EXT OR INT ROTATION, STRAIGHTEN LEG)
- ⦿ 1-Hamstring Walk x 15 yards (hold at bottom for a 2 count, work on balance)
- ⦿ 1-Side Lunge x 15 yards (keep back leg straight, hands off knees, chest up)
- ⦿ **SPEED/ POWER (PICK 2-3)**
- ⦿ 2- 4 RIGHT FOOT SPEED HOPS STICK LANDING ON LEFT (CLAW AT GROUND, DRIVE KNEE FORWARD)
- ⦿ 2- 4 LEFT FOOT SPEED HOPS STICK LANDING ON RIGHT (CLAW AT GROUND, DRIVE KNEE FORWARD)
- ⦿ 2- POWER SKIPS X 25 YARDS (DRIVE OFF GROUND, JUMP STRAIGHT UP, BE EXPLOSIVE)
- ⦿ 3- BROAD JUMPS (WORK ARMS)
- ⦿ 3- SINGLE LEG BROAD JUMPS (LOAD GLUTE)

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- ⊙ **3- SINGLE LEG ROTATIONAL BROAD JUMPS** (LAND ON TWO LEGS)
- ⊙ **4- LUNGE SNAP DOWN TO SPRINT** (HOLD STATIC LUNGE, DRIVE OUT 4 GOOD STEPS)
- ⊙ **4-LUNGE SNAP DOWN, POWER LUNGE/STICK, SPRINT** (HOLD STATIC LUNGE, POWER LUNGE, DRIVE OUT 4 STEPS)
- ⊙ **FORCE ABSORPTION/ INJURY REDUCTION (PICK 1-2)**
- ⊙ **2-Hop and Stop x 25 yards** (left to right stick landing, come to complete balance every time)
- ⊙ **2- ACL JUMPS x 25 YARDS** (JUMP FROM ONE FOOT TO OTHER, JUMPING OUT AT A 45 DEGREE ANGLE, LAND SOFT, STICK LANDING)
- ⊙ **2- 4 QUARTER TURNS 1 OR 2 LEGGED** (STICK LANDING EACH TIME, LAND SOFT, CORE TIGHT)
- ⊙ **REACT TO ACCELERATE (PICK 1-2)**
- ⊙ **ALI SHUFFLE TO SPRINT X 25 YARDS FORWARD/ BACK**
- ⊙ **CRISS CROSS TO SPRINT X 25 YARDS FORWARD/ BACK**
- ⊙ **HIGH KNEES TO SPRINT X 25 YARDS FORWARD/ BACK**
- ⊙ **FALLING SPRINTS TO REACT X 25 YARDS**

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