

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

**\*Perform 3 workouts per week**

## **Workout #1**

### **I. Warm Up: x 2 Sets with 1:00 Minute Rest Between Sets**

- a. Jumping Jacks x 30
- b. Burpees x 10
- c. Squat Jumps x 10
- d. Knee Hugs x 20 ea
- e. Vertical Jumps x 10
- f. Pushups x 10
- g. Side Lunges x 10 ea

### **II. ABS x 100 reps (your choice)**

### **III. Body Weight Circuit: x 3 sets with 1:00 min rest between sets**

- 1. Push-ups x 10
- 2. Planks 6 x :20 holds
- 3. Chin Ups x 6
- 4. St. Leg Lower R/L - x 10 each – On back, legs up, lower 1 at a time
- 5. Bench Dips x 10
- 6. Reverse Crunch x 10 – Legs bent & off ground, lower heels to ground
- 7. Lat Pulldown x 10
- 8. Crunch x 10
- 9. DB Upright Rows x 10
- 10. Toe Touches x 10 – lay on your back-legs up, crunch & touch toes

### **IV. Conditioning: Bike Interval Sprints**

**5 minute warm up**

**30 seconds sprint hard/30 second rest easy - 20 minutes**

**5 minute cool down**

**STRETCH**

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #2

### II. Dynamic Warm Up: 20 yd. Each Exercise

- a. Jog
- b. Backpedal
- c. Toe Touch
- d. Lateral Squat
- e. Heel to Hip (figure four)
- f. Backward Lunge & Twist
- g. Crossover Lunge (step behind front leg)
- h. Straight Leg March (like Frankenstein)
- i. High Knees
- j. Butt Kicks
- k. A-Skip (high knee skip)
- l. Side Shuffles
- m. Carioca

### III. Circuit: Treadmill speed at 6-8 mph

1. Treadmill x :30
2. Bodyweight Squats x 20
3. Treadmill x :30
4. Lateral Lunge x 10 each
5. Treadmill x :30
6. Step-ups (18" box) x 10 each
7. Treadmill x :30
8. Calf Raise x 20 each
9. Treadmill x :30
10. Leg Curl x 15
11. Treadmill x :30
12. D-slide x 15 seconds  
Rest 2:00 min
13. Treadmill x :30
14. Burpees x 10
15. Treadmill x :30
16. Split Squat x 10 each
17. Treadmill x :30
18. Walking Lunges x 10 each
19. Treadmill x :30
20. Single Leg Squat to Bench x 10 each
21. Treadmill x :30
22. Stability Ball (or Physioball) Hamstring Curls x 10
23. Treadmill x :30
24. Squat Jumps x 10 each
25. Treadmill x :30

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #3

### II. Jump Rope: :30 Seconds each –THIS IS THE WARMUP!

- a. Two Feet
- b. Side-Side
- c. Front-Back
- d. Split Jump – front - back
- e. Ali Shuffle
- f. Right Leg
- g. Left Leg

### III. DB Circuit: 3 sets with 2:00 min rest in between

(2<sup>nd</sup> set 8 reps each, 3<sup>rd</sup> set 6 reps each, same weight all sets)

1. DB Bench Press x 10
2. Bicep Curls x 10
3. Tricep Extensions-overhead x 10
4. DB Crunch(DB on chest) x 10
5. DB Shoulder press x 10 each
6. DB Fly x 10
7. DB Side Raise x 10 each
8. DB Squat x 10 each

### IV. Conditioning: Elliptical Interval Workout

-5 minute warm up @ 140 Strides/Min - Level 5

Workout Level 10

-Sprint 5:00 > 180 Strides/Min

-Jog 1:00 @ 130 Strides/Min

-Sprint 4:00 > 190 Strides/Min

-Jog 1:00 @ 130 Strides/Min

-Sprint 3:00 > 200 Strides/Min

-Jog 1:00 @ 130 Strides/Min

-Sprint 2:00 > 210 Strides/Min

-Jog 1:00 @ 130 Strides/Min

-Sprint 1:00 > 220 Strides/Min

5 Minute Cool Down @ 130 Strides/Min - Level 5

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #4

### II. Dynamic Warm Up: 20 yd each exercise

- a. Jog
- b. Toe walk
- c. Heel Walk
- d. Knee to Chest
- e. Heel to Hip (figure four)
- f. Forward Lunge & Twist
- g. Side Lunge & Switch
- h. High Knees
- i. Butt Kicks
- j. Skip for Height
- k. Side Shuffles
- l. Defensive slides
- m. Carioca

### III. Circuit: Treadmill at 6-8 mph

1. Treadmill x 1:00
2. Back Squats with Bar x 15
3. Treadmill x 1:00
4. Stability Ball Hamstring Curls x 15
5. Treadmill x 1:00
6. Bodyweight lunge x 10 each
7. Treadmill x 1:00
8. Bench Jump – Jump onto a bench x 15 each
9. Treadmill x 1:00
10. Pushups x 15
11. Treadmill x 1:00
12. Situps x 25
13. Treadmill x 1:00
14. Reverse Lunge –Lunge backwards
15. Treadmill x 1:00
16. Side to side hops x 15 ea
17. Treadmill x 1:00
18. Single Leg Calf Raises x 15 ea
19. Treadmill x 1:00
20. Front to back hops x 15 ea
21. Treadmill x 1:00

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #5

### II. WARM-UP: Jog 2 laps on a track or 15 minutes on a treadmill

### III. Plate Circuit: 3 times through (10 - 35 lb plate) 1:30 Rest

1. Squat and Punch x 12 – Squat down and push out the plate
2. Bicep Curls x 12 – Curl it
3. Lunge and Twist x 6 each – Lunge and twist over your forward leg
4. Upright Rows x 12 – Pull it up to your chest – keep elbows high
5. Overhead Split Squat x 6 each – Plate overhead, legs split back to front – squat down
6. Shrugs x 12 – Shrug shoulders
7. Triceps Extension x 12 – Plate behind head-elbows forward –extend plate up
8. Lateral Lunge x 6 each –Like a lunge except to the side
9. Shoulder Press x 12 – Press plate over your head

### IV. Plate Core: 2 times through (10-25 lb plate) 1:00 Rest

Seated:

1. Russian Twist(seated & twisting) x 10 each
2. Straight Leg Sit ups x 20
3. Seated Hip to Ear x 10 each

Standing:

1. Diagonal Chops x 10 each
2. Straight down Chops x 20

Time	MPH	Incline
0:00-9:00	6	1
9:00-9:30	OFF	OFF
9:30-10:00	9	1
10:00-10:30	OFF	OFF
10:30-11:00	9.5	1
11:00-11:30	OFF	OFF
11:30-12:00	10	1
12:00-12:30	OFF	OFF
12:30-13:00	10	1
13:00-13:30	OFF	OFF
13:30-14:00	10	1
14:00-14:30	OFF	OFF
14:30-15:00	10	1
15:00-15:30	OFF	OFF
15:30-16:00	10	1
16:00-16:30	OFF	OFF
16:30-17:00	10	1
17:00-17:30	OFF	OFF
17:30-18:00	9.5	1
18:00-18:30	OFF	OFF
18:30-19:00	9	1
19:00-25:00	5	0

## V. Treadmill Interval Sprints:

**FOLLOW CHART ON THE RIGHT!**

**THIS IS YOUR CONDITIONING**

**MPH=Miles Per Hour**

**Incline = Level of Treadmill**

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #6

### II. Stability Ball Circuit: 3 Times Through 1:00 Rest Between

1. DB Bench Press x 15
2. Wall Squats –ball behind your back x 15
3. Seated Shoulder Press x 15
4. Leg Curls x 15
5. Overhead DB Triceps Ext. x 15
6. Seated Bicep Curls x 15 each
7. DB Flys x 10 each
8. Pushups (Hands on Ground) x 10

### III. Stability Ball Core: 2 Times Through

Feet on Ball – Hands on the Ground

1. Knee Tucks x 10 – Knees to your chest – back flat
2. Pikes x 10 – Legs stay straight – butt goes up into the air (A-frame)

Elbows on Ball – Knees on Ground

1. Roll Outs x 10 – Roll ball away from you and extend out
2. Plank x 1:00 – Knees off the ground – Elbows on the ball

Lying On Ball – Lying Face Up

1. Crunches x 10
2. Plate Rotations x 10 each – Rotate side to side with a weight in your hands

### IV. Treadmill Sprint Workout

-5:00 Minute warm up - 6mph @ 0% incline

- Sprint 8 Seconds

-Rest 12 Seconds

-10 mph @ 10 % incline

-Repeat 12 times total (4 min)

-Rest 2:00 Minutes

**-Repeat 3 more times – FOR A TOTAL WORKOUT OF 16 MINS OF SPRINTING**

-5:00 minute Cool Down – 3.5mph @ 0% incline

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

- I. Workout # 7
- II. Dynamic Warm-up – Please see above Workout #4
- III. Lift:

-Body weight Squats x 100

-Chin – Ups x 20

-Push –Ups x 50

-Full Sit-Ups x 100

\*Perform all reps of all exercise as quickly as possible – Time yourself

## III. Conditioning: “ON BASKETBALL COURT WORKOUT”

1. Lunge & Twist ½ court/Backward Lunge & Twist ½ court
2. Backboard Jump Touches x 15
3. Sprint Paint to Paint x 4 (2 each way)
4. Mountain Climbers x 20 each side – Pushup position – jump your feet outside your hands
5. Power Skips for Distance x 4 lengths of the court
6. Plank Walk Outs x 10 – Pushup position – walk your hands out as far as you can –walk back
7. Shuffle Free Throw Line and Back x 5
8. Inchworm x ½ court & Spiderman x ½ court

**X 4 - ONLY REST AS MUCH AS YOU NEED AT THE END OF EACH ROUND!**

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #8

## II. Jump Rope x 3 minutes + 2 Laps around a Track

## III. Lift:

-Split Squat x 10 reps each – Feet split front to back – lower knee down to ground and stand back up

Pair with

-Box/Bench Jumps x 5 – jump up on a bench or box –whatever you have

Pair with

-Pull Ups x 4 reps

Pair with

-Core x 200 reps

X 4 rounds

## IV. Conditioning: Bike Intervals

-5:00 min warm up ride

- :20 sec. Sprint above 50 kmph,

- :10 sec. Easy

- Repeat for 4:00 min continuous

- Rest 2:00 min

- X 4 Rounds

-5:00 min cool down ride

Kmph=Kilometer per hour

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #9

### II. Warm-up: 15 minutes on Treadmill or Bike

a. High Knees – Butt Kicks – Skips – Lunges – Backward Skips x 20 yards

### III. Lift:

-Back Squat x 10 reps each

Pair with

- DB Incline Bench Press x 10 reps

Pair with

- Lat Pulldown x 8

\*Do the above exercises 3x each

-DB Lateral Raise + Front Raise x 5 reps each

Pair with

-Single leg Calf Raises x 20 each

Pair with

-Triceps Pushdowns x 10 reps – Use a cable machine

Pair with

\*Do the above exercises 3x each

-Core x 200 reps

## IV. Conditioning : Treadmill Sprint Workout

Warm up 5.5 mph 0% 5 minutes

10 mph @ 0% 1:00

-Rest: 1:00

9 mph @ 2% 1:00

-Rest 1:00

8 mph @ 4% 1:00

-Rest 1:00

7 mph @ 6% 1:00

-Rest 1:00

6 mph @ 8% 1:00

-Rest 1:00

5 mph @ 10% 1:00

-Rest 1:00

6 mph @ 8% 1:00

-Rest 1:00

7 mph @ 6% 1:00

-Rest 1:00

8 mph @ 4% 1:00

-Rest 1:00

9 mph @ 2% 1:00

-Rest 1:00

10 mph @ 0% 1:00

Walk 3.5 mph 0% 3 minutes

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #10

## II. Dynamic Warm-up – See Workout #4

## III. Lift:

- DB Reverse Lunges x 10 each  
Pair with
- Broad Jumps x 3 – Standing Long Jumps  
Repeat 2x
  
- Pull-Ups x 5 reps  
Pair with
- DB Upright Row x 10  
Repeat 2x
  
- Cable Bicep Curls x 10 reps  
Pair with
- Core x 200 reps  
Repeat 2x

## IV. Conditioning: “FIELD HOUSE WORKOUT”

1. 25 Body Weight Squats
  2. Sprint Full Court and Back
  3. Vertical Jumps x 10
  4. 250 jumps with the jump rope
  5. 10 Squat Jumps
  6. Backpedal to Free Throw - Sprint Back x 10
  7. Tuck Jumps x 10 each leg – Vertical Jump & pull knees to your chest
  8. D-Slide to Free Throw Line – Sprint Back x 10 (Switch Direction of Shuffle Each Time)
- X 4 – ONLY REST AS MUCH AS YOU NEED AT THE END OF EACH ROUND!**

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

## I. Workout #11

### II. Jump Rope: :45 Seconds each – WARM - UP

- a. Two Feet
- b. Side-Side
- c. Front-Back
- d. Split Jump
- e. Ali Shuffle
- f. Right Leg
- g. Left Leg

### III. Med Ball Circuit: 3 Times Through Circuit: 2:00 min Rest Between

(1<sup>st</sup> round 10 reps, 2<sup>nd</sup> round 8 reps, 3<sup>rd</sup> round 6 reps)

1. Over head Throw against Wall x 10
2. Soccer Throw (Overhead throw w/ 3 steps) x 10
3. Chest Pass against Wall x 10
4. Side Throw against Wall facing Sideways x 10 each side
5. Alt. Side Throws facing the Wall x 10 each side
6. Alt. Side Throws facing away from Wall x 10 each side
7. Standing Straight arm Twist x 10 each side
8. Diagonal Chops x 10 each side
9. Squat and Press x 10
10. Chops straight Down x 10
11. Lunge and Twist x 10 each side
12. Sit up and Throw against wall x 10

### IV. Conditioning

- a. 300 Yard Shuttle – Sprint 25 yards and back = 1 x 6 times = 300 yards
- b. Rest 2 minutes
- c. 300 yard Shuttle

# ALL NEWCOMER ATHLETE'S OFF CAMPUS SUMMER WORKOUTS

I. Workout #12

II. Warm up:

Treadmill: 2 miles at 7 mph @ 1% incline

III. ABS – Your Choice – 250 reps

IV. Plyo Warm Up: Line Hops: 20 Sec each

- a. Forward and Back (A to B)
- b. Side to Side (A to D)
- c. Diagonal (A to C)
- d. Diagonal (D to B)
- e. Around the Box (A to B to C to D to A)
- f. SL Forward and Back (A to B)
  - Right and Left
- g. SL Side to Side (A to D)
  - Right and Left

B	C
A	D

V. Plyo Circuit: 1 time through

- a. Tuck Jumps x 6
- b. Mountain Jumpers x 12
- c. Power Skips for Height x 6 each
- d. Two Feet Long Jump x 6
- e. Split Squat Jump x 6 each
- f. Single Leg Jumps in Place for Height x 12 each
- g. Vertical Jumps for Max Height x 6