

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Planks 4 sets a. Normal 1 minute b. Side 45secs each side c. Push up plank 1 minute d. Cha Cha slide plank (length of song) 2. Overhead Squats a. 3 x 8 (hold broom/pipe) 3. Air Squats a. 4 x 10 w/3 sec pause 4. Walking Lunges a. 4 x 15yds 2fwd/2bkwd 5. Step Ups a. 4 x 10 each leg (use a chair) 6. Push Ups 4 x 15 a. Normal b. Plyo c. Basketball d. Close grip 7. Dips a. 4 x 15 (use chair) 8. Burpees a. 3 x 10	1. Active Warm-up a. Falling Start b. High Kick c. Knee to Chest d. Fwd Lunge/twist e. Bkwd Lunge/twist f. Side Lunge (alt legs) g. High Knee Skips h. Back peddle i. High Knees j. Butt Kicks k. High Knee Carioca 2. Floor Wipers a. 3 x 12 3. Squat Jumps a. Tucks -6 b. Lateral Step-6 c. Fwd Step-6 d. Tucks-6 4. Power Bounds a. One Jump-6 b. Two for one-6 c. Speed Skaters i. Rt -6 ii. Lft-6 d. 45 degrees i. Rt-6 ii. Lft-6 e. 2 Bounds + Sprint -6	1. Planks 4 sets a. Normal 1 minute b. Side 45secs each side c. Push up plank 1 minute d. Cha Cha slide plank (length of song) 2. Overhead Squats a. 3 x 8 (hold broom/pipe) 3. Air Squats a. 4 x 10 w/3 sec pause 4. Walking Lunges a. 4 x 15yds 2fwd/2bkwd 5. Step Ups a. 4 x 10 each leg (use chair) 6. Push Ups 4 x 15 a. Normal b. Plyo c. Basketball d. Close grip 7. Dips a. 4 x 15 (use chair) 8. Burpees a. 3 x 10	1. Active Warm-up a. Falling Start b. High Kick c. Knee to Chest d. Fwd Lunge/twist e. Bkwd Lunge/twist f. Side Lunge(alt legs) g. High Knee Skips h. Back peddle i. High Knees j. Butt Kicks k. High Knee Carioca 2. Floor Wipers a. 3 x 12 3. Squat Jumps a. Tucks -6 b. Lateral Step-6 c. Fwd Step-6 d. Tucks-6 4. Power Bounds a. One Jump-6 b. Two for one-6 c. Speed Skaters i. Rt -6 ii. Lft-6 d. 45 degrees i. Rt-6 ii. Lft-6 e. 2 Bounds + Sprint -6	1. Planks 4 sets a. Normal 1 minute b. Side 45secs each side c. Push up plank 1 minute d. Cha Cha slide plank (length of song) 2. Overhead Squats a. 3 x 8 (hold broom/pipe) 3. Air Squats a. 4 x 10 w/3 sec pause 4. Walking Lunges a. 4 x 15yds 2fwd/2bkwd 5. Step Ups a. 4 x 10 each leg(use chair) 6. Push Ups 4 x 15 a. Normal b. Plyo c. Basketball d. Close grip 7. Dips a. 4 x 15 (use chair) 8. Burpees a. 3 x 10

No virus can defeat the strong at mind and heart. As Golden Eagles we must stay fit not only to defeat this virus but also to defeat our enemies this fall. While we help our fellow man by practicing social distancing and staying at home we need to continue to prepare for the upcoming season. With some hard-work at home and when this is all over we can be steps ahead of the other teams who are at home doing nothing. Please begin this workout as soon as possible. If you don't know how to do something just simple YouTube it for a demonstration. Starting Monday, March 30th, you can begin earning points toward our offseason program. To earn a point you must complete the daily program and text me that you completed it. This is the minimum you must do to earn a point. You can choose to do more if you have weights at home or want to add some jogging or running to your routine. Think about your diet at home. It's easy to sit around and eat junk food, but a proper diet will help you build lean muscle. Extra points can be earned if you do extra and can prove to me that you did more than asked. For example, if you have a smart watch or a running app on your phone, send me proof you did more and I'll reward you. Take a video of you doing more and I will reward you. These are unprecedented times, so let's be unprecedented in our response. When you text me please include your name so I can make sure you get credit. My cell number is 843-430-4695. I will try to respond with a thumbs up, so you know I got it.

Depending on how long this last, I may be adding some more football related drills, but you don't have to wait on me. You all know how to do the cones and ladders. Skill guys need to be catching balls and QB's need to be throwing. Be creative at home, ask your family to throw to you or catch you up. I miss you guys and love you guys and hope you all are taking care of yourselves. REMEMBER to be strong at mind and heart, work hard for your brothers, and we will all get through this.