



* On M-W-F: Very little rest between sets of lower, upper, core & dynamic. Also, very little rest between set 1-4. Do all Set 1 in order, then 2, 3, 4.

BFS at Home Training - WEEK 11

****We are trying to add additional resistance this week, if possible use a Med. Ball, if not, find something with resistance that you can hold securely and safely.**

* Flex. Should be done everyday - make sure you are warmed up first. 9 hours of sleep a night, lots of water & protein.

Workout	Monday	Tuesday	Wed.	Thurs.	Fri.	Sat.	Sun.
Warm Up	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Set 1: Lower Body	Overhead (OH) Squat - Med. Ball or other - 1 x 20 (Perfect Form)	N/A	Standing Long Jump (Goal - far as possible) - 1 x 20	N/A	Med. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form)	N/A	N/A
Set 1: Upper Body	Diamond Grip Push Ups - 1 x 35	N/A	Wide Grip Push Ups - 1 x 35	N/A	Diamond Grip Push Ups - 1 x 35	N/A	N/A
Set 1: Core	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 25 each hand.	N/A	Ab Scissors - Vertical - 1 x 30 each	N/A	Swimmer: Right Arm & Left Leg off ground - 60 Sec. Left Arm & Right Leg off ground - 60 Sec.	N/A	N/A
Set 1: Dynamic	Up-Downs 1 x 35	N/A	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	Mountain Climbers - 1 x 100	N/A	N/A
Set 2: Lower Body	Overhead (OH) Lunge - Med. Ball or other - 1 x 15 each leg	N/A	Standing Long Jump - Right Leg Jump - Right Leg Land (Goal - far as possible) - 1 x 15	N/A	45 degree - Lateral Lunge - Med. Ball or Other - 1 x 15 each leg - Push Back	N/A	N/A
Set 2: Upper Body	T-Bar Push Up - 1 x 25 each way	N/A	Bench Dips - 1 x 75	N/A	Standard Grip Push Ups - 1 x 35	N/A	N/A

Workout	Monday	Tuesday	Wed.	Thurs.	Fri.	Sat.	Sun.
Set 2: Core	Seated Twist w/ Med. Ball or other - 1 x 30 each way	N/A	Ab Scissors - Horizontal - 1 x 30 each	N/A	Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 10 presses	N/A	N/A
Set 2: Dynamic	Jump Rope - Rt. Ft. - 1 x 200 & Lt. Ft. - 1 x 200 or Jumping Jacks 1 x 200	N/A	Jump Rope - 2 Ft. - 1 x 200 or Jumping Jacks 1 x 200	N/A	Jump Rope - Rt. Ft. - 1 x 200 & Lt. Ft. - 1 x 200 or Jumping Jacks 1 x 200	N/A	N/A
Set 3: Lower Body	Overhead (OH) Squat - Med. Ball or other - 1 x 20 (Perfect Form)	N/A	Standing Long Jump (Goal - far as possible) - 1 x 20	N/A	Med. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form)	N/A	N/A
Set 3: Upper Body	Diamond Grip Push Ups - 1 x 35	N/A	Wide Grip Push Ups - 1 x 35	N/A	Diamond Grip Push Ups - 1 x 35	N/A	N/A
Set 3: Core	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 25 each hand.	N/A	Ab Scissors - Vertical - 1 x 30 each	N/A	Swimmer: Right Arm & Left Leg off ground - 60 Sec. Left Arm & Right Leg off ground - 60 Sec.	N/A	N/A
Set 3: Dynamic	Up-Downs 1 x 35	N/A	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	Mountain Climbers - 1 x 100	N/A	N/A
Set 4: Lower Body	Overhead (OH) Lunge - Med. Ball or other - 1 x 15 each leg	N/A	Standing Long Jump - Left Leg Jump - Left Leg Land (Goal - far as possible) - 1 x 15	N/A	45 degree - Lateral Lunge - Med. Ball or Other - 1 x 15 each leg - Push Back	N/A	N/A
Set 4: Upper Body	T-Bar Push Up - 1 x 25 each way	N/A	Bench Dips - 1 x 75	N/A	Standard Grip Push Ups - 1 x 35	N/A	N/A

