BIGGER FASTER STRONGER



* 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 12

**We are trying to add additional resistance this week, if possible use a <u>Med. Ball</u>, 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.	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
Warm Up	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Set 1: Lower Body	Goblet Squat - Med. Ball or other - 1 x 30 (Perfect Form)	N/A	Vertical Jump (Goal - high as possible) - 1 x 30	N/A	Goblet Squat - Med. Ball or other - 1 x 35 (Perfect Form)	N/A	N/A
Set 1: Upper Body	Standard Grip Push Ups - Feet Elevated - 1 x 20	N/A	Standard Grip Push Ups - Tap opposite Shoulder - 1 x 20	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 25	N/A	N/A
Set 1: Core	V-ups - 1 x 35	N/A	Ab Scissors - Vertical - 1 x 30 each	N/A	V-ups - 1 x 35	N/A	N/A
Set 1: Dynamic	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	Line Jumps - 2ft - 1 x 30 front to back - 1 x 30 side to side (fast as possible)	N/A	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	N/A
Set 2: Lower Body	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 15 each leg	N/A	Vertical Jump (Goal - high & fast off the ground as possible) - 1 x 30	N/A	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 15 each leg	N/A	N/A
Set 2: Upper Body	Wide Grip Push Ups - Feet Elevated - 1 x 20	N/A	Wide Grip Push Ups - Tap opposite Shoulder - 1 x 15	N/A	Wide Grip Push Ups - Feet Elevated - 1 x 25	N/A	N/A

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Set 2: Core	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 30 each hand.	N/A	Ab Scissors - Horizontal - 1 x 30 each	N/A	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 30 each hand.	N/A	N/A
Set 2: Dynamic	Up-Downs 1 x 35	N/A	Mountain Climbers - 1 x 75	N/A	Up-Downs 1 x 35	N/A	N/A
Set 3: Lower Body	Goblet Squat - Med. Ball or other - 1 x 30 (Perfect Form)	N/A	Split Leg Vertical Jump (Goal - high as possible - switch stance in air) - 1 x 30	N/A	Goblet Squat - Med. Ball or other - 1 x 35 (Perfect Form)	N/A	N/A
Set 3: Upper Body	Standard Grip Push Ups - Feet Elevated - 1 x 20	N/A	Standard Grip Push Ups - Tap opposite Shoulder - 1 x 20	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 25	N/A	N/A
Set 3: Core	V-ups - 1 x 35	N/A	Ab Scissors - Vertical - 1 x 30 each	N/A	V-ups - 1 x 35	N/A	N/A
Set 3: Dynamic	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	Line Jumps - 2ft - 1 x 30 front to back - 1 x 30 side to side (fast as possible)	N/A	Jump Rope - Running - 1 x 200 or Mountain Climbers - 1 x 100	N/A	N/A
Set 4: Lower Body	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 15 each leg	N/A	Split Leg Vertical Jump (Goal - high & fast off the ground as possible - switch stance in air) - 1 x 30	N/A	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 15 each leg	N/A	N/A
Set 4: Upper Body	Wide Grip Push Ups - Feet Elevated - 1 x 20	N/A	Wide Grip Push Ups - Tap opposite Shoulder - 1 x 15	N/A	Wide Grip Push Ups - Feet Elevated - 1 x 25	N/A	N/A

<u>Workout</u>	Monday	Tuesday	Wed.	Thurs.	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
Set 4: Core	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 30 each hand.	N/A	Ab Scissors - Horizontal - 1 x 30 each	N/A	T Ab Drill - Flat on back, leg's straight, heels 6" off ground - feet to Rt hand, then Lt hand. 1 x 30 each hand.	N/A	N/A
Set 4: Dynamic	Up-Downs 1 x 35	N/A	Mountain Climbers - 1 x 75	N/A	Up-Downs 1 x 35	N/A	N/A
Sprint Tech. Work or Agility	N/A	Agility Drills 7 - 12A (6 Cones) 3 x each drill with 20 Sec. rest btwn. each. Cones 5 yards apart. Full Speed.	N/A	6 x 50 yards - focus on head & eyes. 6 x 50 yards - focus on arm rotation. 6 x 50 yards - focus on leg drive and plant on ball of foot. Full Speed - good amount of rest btwn. Not cond. (*If possible - use a sprint chute or speed harness)	N/A	Agility Drills 13 - 18 (3 Cones) 3 x each drill with 15 Sec. rest btwn. each. Cones 5 yards apart. Full Speed.	N/A
Conditioning	N/A	4 x 200 Meters - 33 sec. or less - 1:36 min. Rest btwn each. 8 x 100 Meters - 15 sec. or less - 47 Sec. Rest btwn each. 10 x 50 Meters - 8 Sec. or less - 21 Sec. Rest	N/A	4 x 200 Meters - 33 sec. or less - 1:36 min. Rest btwn each. 8 x 100 Meters - 15 sec. or less - 47 Sec. Rest btwn each. 10 x 50 Meters - 8 Sec. or less - 21 Sec. Rest	N/A	4 x 200 Meters - 33 sec. or less - 1:36 min. Rest btwn each. 8 x 100 Meters - 15 sec. or less - 47 Sec. Rest btwn each. 10 x 50 Meters - 8 Sec. or less - 21 Sec. Rest	N/A
Flexibility	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch	1-2-3-4 Flex. Program - 30 Sec. Each Stretch