



* 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 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.

| <u>Workout</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wed.</u> | <u>Thurs.</u> | <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 |

| Workout | Monday | Tuesday | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--------------------------|---|----------------|---|---------------|---|-------------|-------------|
| 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 |

