



* 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 4

****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 25 (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 15	N/A	Standard Grip Push Ups - Tap opposite Shoulder - 1 x 20	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 20	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 75	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 75	N/A	N/A
Set 2: Lower Body	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 10 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 15	N/A	Wide Grip Push Ups - Tap opposite Shoulder - 1 x 15	N/A	Wide Grip Push Ups - Feet Elevated - 1 x 20	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 25 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 25 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 25 (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 15	N/A	Standard Grip Push Ups - Tap opposite Shoulder - 1 x 20	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 20	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 75	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 75	N/A	N/A
Set 4: Lower Body	Split Leg Squat - Med. Ball, other or Body Weight - 1 x 10 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 15	N/A	Wide Grip Push Ups - Tap opposite Shoulder - 1 x 15	N/A	Wide Grip Push Ups - Feet Elevated - 1 x 20	N/A	N/A

