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 5

**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.

<u>Workout</u>	<u>Monday</u>	<u>Tuesday</u>	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	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	Meb. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form)	N/A	N/A
Set 1: Upper Body	Standard Grip - Plyo - Push Ups - 1 x 15	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 20	N/A	Standard Grip - Plyo - Push Ups - 1 x 20	N/A	N/A
Set 1: Core	Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec.	N/A	Straight Leg Lift - Center (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 30	N/A	Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec.	N/A	N/A
Set 1: Dynamic	Line Jumps - Rt ft - 1 x 30 front to back - Lt ft - 1 x 30 front to back (fast as possible)	N/A	Jump Rope - 2 Ft 1 x 200 or Jumping Jacks 1 x 200	N/A	Line Jumps - Rt ft - 1 x 40 front to back - Lt ft - 1 x 40 front to back (fast as possible)	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	Lunge w/ rotation - both ways - Med. Ball or other - 1 x 15 each leg	N/A	N/A
Set 2: Upper Body	Diamond Grip Push Ups - Feet Elevated - 1 x 15	N/A	Bench Dips - 1 x 75	N/A	Diamond Grip Push Ups - Feet Elevated - 1 x 20	N/A	N/A

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Set 2: Core	Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses	N/A	Straight Leg Lift - Right & Left (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 15 each way (rt/lt)	N/A	Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses	N/A	N/A
Set 2: Dynamic	Line Jumps - Rt ft - 1 x 30 side to side - Lt ft - 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	Line Jumps - Rt ft - 1 x 40 side to side - Lt ft - 1 x 40 side to side (fast as possible)	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	Meb. Ball or Other - Parallel Squat w/ Press - 1 x 20 (Perfect Form)	N/A	N/A
Set 3: Upper Body	Standard Grip - Plyo - Push Ups - 1 x 15	N/A	Standard Grip Push Ups - Feet Elevated - 1 x 20	N/A	Standard Grip - Plyo - Push Ups - 1 x 20	N/A	N/A
Set 3: Core	Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec.	N/A	Straight Leg Lift - Center (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 30	N/A	Swimmer: Right Arm & Left Leg off ground - 90 Sec. Left Arm & Right Leg off ground - 90 Sec.	N/A	N/A
Set 3: Dynamic	Line Jumps - Rt ft - 1 x 30 front to back - Lt ft - 1 x 30 front to back (fast as possible)	N/A	Jump Rope - 2 Ft 1 x 200 or Jumping Jacks 1 x 200	N/A	Line Jumps - Rt ft - 1 x 40 front to back - Lt ft - 1 x 40 front to back (fast as possible)	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	Lunge w/ rotation - both ways - Med. Ball or other - 1 x 15 each leg	N/A	N/A
Set 4: Upper Body	Diamond Grip Push Ups - Feet Elevated - 1 x 15	N/A	Bench Dips - 1 x 75	N/A	Diamond Grip Push Ups - Feet Elevated - 1 x 20	N/A	N/A

<u>Workout</u>	Monday	Tuesday	Wed.	Thurs.	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
Set 4: Core	Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses	N/A	Straight Leg Lift - Right & Left (Flat on back, legs together, heels 6" off ground - lift straight up) - 1 x 15 each way (rt/lt)	N/A	Seated Twist & Press w/ Med. Ball or other - 1 x 30 twist each way - 15 presses	N/A	N/A
Set 4: Dynamic	Line Jumps - Rt ft - 1 x 30 side to side - Lt ft - 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	Line Jumps - Rt ft - 1 x 40 side to side - Lt ft - 1 x 40 side to side (fast as possible)	N/A	N/A
Sprint Tech. Work or Agility	N/A	Agility Drills 19 - 25 (4 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 1 - 6 (6 Cones) 3 x each drill with 30 Sec. rest btwn. each. Cones 10 yards apart. Full Speed.	N/A
Conditioning	N/A	4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 52 Sec. Rest btwn each. 6 x 50 Meters - 8 Sec. or less - 23 Sec. Rest	N/A	4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 51 Sec. Rest btwn each. 6 x 50 Meters - 8 Sec. or less - 22 Sec. Rest	N/A	4 x 200 Meters - 36 sec. or less - 1:45 min. Rest btwn each. 8 x 100 Meters - 17 sec. or less - 50 Sec. Rest btwn each. 6 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