



\* 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 9

**\*\*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.

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Warm Up</b>	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
<b>Set 1: Lower Body</b>	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
<b>Set 1: Upper Body</b>	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
<b>Set 1: Core</b>	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
<b>Set 1: Dynamic</b>	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
<b>Set 2: Lower Body</b>	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
<b>Set 2: Upper Body</b>	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

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Set 2: Core</b>	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
<b>Set 2: Dynamic</b>	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
<b>Set 3: Lower Body</b>	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
<b>Set 3: Upper Body</b>	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
<b>Set 3: Core</b>	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
<b>Set 3: Dynamic</b>	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
<b>Set 4: Lower Body</b>	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
<b>Set 4: Upper Body</b>	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

