

# Prospect Training Academy Home Workouts



Day 1

Perform Exercises in Order		Week 1		Week 2		Week 3	
Type	Exercise	Sets	Reps	Sets	Reps	Sets	Reps
Activation 1a	2L Glute Bridge	2	10reps	3	10reps	2	10reps
Activation 1b	1L Drops	2	10/side	3	10/side	2	10/side
Activation 1c	Prone YTW	2	5/position	3	5/position	2	5/position
Activation 1d	Shoulder Taps	2	10/side	3	10/side	2	10/side
Activation 1e	Animal-Crab Pose + Reach	2	5/side	3	5/side	2	5/side
Strength 1a	Plyo Pushup	3	5reps	4	5reps	5	5reps
Strength 1b	Squat Jumps	3	5reps	4	5reps	5	5reps
Strength 2a	Chatarunga Pushups	3	8reps	4	8reps	5	8reps
Strength 2b	Split Squat Jumps	3	3/side	4	3/side	5	3/side
Strength 3a	Prone Blackburn	3	10reps	4	10reps	3	10reps
Strength 3b	1L RDL	3	10reps	4	10reps	3	10reps
Conditioning 1a	High Knees	5	15sec work: 60sec rest	5	15sec work: 60sec rest	5	15sec work: 60sec rest
Conditioning 1b	Burpees	5		5			

DAY 2							
Perform Exercises in Order		Week 1		Week 2		Week 3	
Type	Exercise	Sets	Reps	Sets	Reps	Sets	Reps
Activation 1a	Glute Bridge March	2	10/side	3	10/side	2	10/side
Activation 1b	Hanging Leg Raises	2	10reps	3	10reps	2	10reps
Activation 1c	Inch Worm Pushups	2	6reps	3	6reps	2	6reps
Activation 1d	Quadruped YTW	2	3/position/side	3	3/position/side	2	3/position/side
Activation 1e	Side Plank Sit & Reach	2	10/side	3	10/side	2	10/side
Sprint Warm Up 1	Athletic Stance + Jump	2	5reps	3	5reps	2	5reps
Sprint Warm Up 2	Split Stance + Jump	2	5reps	3	5reps	2	5reps
Sprint Warm Up 3	1L Stance + Jump	2	5reps	3	5reps	2	5reps
Sprint Circuit 4a	Depth Drop from Bleachers	2	5reps	3	5reps	4	5reps
Sprint Circuit 4b	Double Tap Bounds	2	6/side	3	6/side	4	6/side
Sprint Circuit 5a	A March	2	20yds	3	20yds	4	20yds
Sprint Circuit 5b	A Skip	2	20yds	3	20yds	4	20yds
Sprint Circuit 5c	Step Over Ankles	2	20yds	3	20yds	4	20yds
Sprint Circuit 5d	Step Over Shins	2	20yds	3	20yds	4	20yds
Sprint Circuit 5e	Step Over Knees	2	20yds	3	20yds	4	20yds
Sprint Circuit 6	40yd Dash (Rest 2min b/w)	5	1rep	5	1rep	5	1rep

DAY 3							
Perform Exercises in Order		Week 1		Week 2		Week 3	
Type	Exercise	Sets	Reps	Sets	Reps	Sets	Reps
Activation 1a	Side Plank Top Leg Raise	2	10/side	3	10/side	2	10/side
Activation 1b	Side Plank Bottom Leg Raise	2	10/side	3	10/side	2	10/side
Activation 1c	Pushup + Rotation	2	5/side	3	5/side	2	5/side
Activation 1d	Canon Ball Pullups	2	5reps	3	5reps	2	5reps
Activation 1e	1 Arm Windmill	2	10/side	3	10/side	2	10/side
Agility Warm Up 1	Athletic Stance + line hop	2	5reps	3	5reps	2	5reps
Agility Warm Up 2	Split Stance + line hop	2	5reps	3	5reps	2	5reps
Agility Warm Up 3	1L Stance + line hop	2	8reps	3	8reps	2	8reps
Agility 4a	Lateral Depth Drop from Bleachers	2	3/side	3	3/side	4	3/side
Agility 4b	Lateral March	2	20yds	3	20yds	4	20yds
Agility 4c	Lateral Skip	2	20yds	3	20yds	4	20yds
Agility 4d	Lateral Leap	2	20yds	3	20yds	4	20yds
Agility 5a	Reactive Shuffles	2	5 seconds	3	5 seconds	4	5 seconds
Agility 5d	Reactive Shuffles + Ball	2	5 seconds	3	5 seconds	4	5 seconds
Agility 6	10yd.10yd.10yd Shuttle	5	1rep	5	1rep	5	1rep