

At-Home Workout Routine

Athletes: While you have at least two weeks at home, why not continue your training? Sports will start again soon, and with this routine, you will be ready to go! These exercises can be performed with minimal or no equipment. Our YouTube channel has plenty of resources. Get to it and B Great!

**Warm-Up** (<https://www.youtube.com/watch?v=7Ht-e2-OHlA>)

25 Straight Arm Jumping Jacks

10 Windmills

10 Tornadoes

10 3-Bounce Touch

5 Standing Hip Series each

10 Seated Hip Drops

10 Lying Knee Drops

10 Back Series each

5 Stick Series each **-** use a baseball bat or a broom handle.

Candlestick Series <https://www.youtube.com/watch?v=r9iWF1QCHnw>

25 Egg Rolls (grab knees tightly to chest-squeeze abs to roll forward and back)

10 Egg Roll extensions

10-25 Candlesticks (this is when you stand-up…add a jump to increase difficulty or perform single leg candlesticks!)

**Workout:**

Series 1

**Push-ups-** (max reps) (<https://www.youtube.com/watch?v=XXZkEV3uXuo>)

* You can perform these with arms-wide, narrow (military), shoulder-width, if you don’t have access to boxes for power push-ups.
* Vary your hand positions (fingers facing forward (regular push up position), fingers facing outward, fingers facing in-ward, fingers facing backwards).

**Hamstring Curls:** (<https://www.youtube.com/watch?v=9q0kjk916t0>)

Grab a partner, a sibling, or a parent.

* Do 10 Full range hamstring curls or
* 5-5-5 series (5 full-range, 5 with a little push up at the bottom, 5 as far as you can go and still pull your body upright while keeping it straight-no sticking out the butt!)

**Hollow Bodies-** <https://www.youtube.com/watch?v=4qElEHyRd1s>

* Perform as many as you can while keeping good form.
* Grab a stick behind your knees to help maintain the hollow body position, if needed.

Series 2

**Pull-Ups-** If you have a pull-up bar available, work on your pull strength with sets of max reps. (<https://www.youtube.com/watch?v=TagvF9lvG-s>)

**Single-Leg Squats** <https://www.youtube.com/watch?v=jaGbHOd7A5I>

* Use a chair, stool, or bench to vary heights. And if you don’t have anything, but a chair to use…do LOTS OF REPS! Concentrate on keeping your off-leg locked and controlling the up and down…no flopping!

**Flutter Kicks**

* Shoot for 100 reps-keep legs locked and toes pointed (break up the reps into sets, if needed)

Series 3

**Inverted Military Press** <https://www.youtube.com/watch?v=dIKXYd6aPzQ>

* You don’t need boxes to do this exercise; you can do it on the floor, too!
* Get into downward dog position. Hands and feet on the floor with your butt in the air (your body will be in an upside-down V)
* Bend elbows out to the side and drop your head down toward the floor and push back up.
* Keep legs straight the entire time.
* The closer your hands are to your feet, the more difficult the exercise.

**Glute Bridges**- Hamstrings sets of 25 double leg (10 -15 single-leg)

* Perform on the floor or do them elevated off a chair or ottoman. Be sure it won’t slide.
* Lie on your back, lift hips off the ground and squeeze butt at the top.

**Russian Twists**

* Shoot for 100 reps (break up the reps into sets, if needed)

Series 4

**Quarter-Squat Jumps** (sets of 25-50)

* Stand with legs shoulder width apart with slight bend in your knees.
* Chest up. Your shoulder, hip, and ankle should be in a straight line
* Jump hard, throwing arms up and land back in the same position you started in

**Backbends-** set of 5

* Make sure you are on a soft surface and be careful!

**Calf Raises** (Sets of 10-25 per leg) <https://www.youtube.com/watch?v=d5-I9luotBE>

* Use the stairs, single leg, drop your heel to the ground and push up to the inside of your foot. Use handrail for balance. Switch legs.

Or **Straight-leg jumps** (sets of 15-25) for your calves. <https://www.youtube.com/watch?v=NRIdMprtY-A>

**Abs** (sets of 10)

* V-Ups
* Straddle legs on couch, bed, or bench, lock knees and point toes; look at ceiling.
* Hands stay in front and curl up. No jerking or throwing your arms to help you sit up.

**Shoulder Rehab** <https://www.youtube.com/watch?v=4kaKDG3L-vA&t=46s>

* Use can use soup cans, if you don’t have light weights, just be careful not to drop them on your head!

**Stretching!!! Don’t forget this part.**

These stretches are all on our YouTube channel if you forget how to perform them.

Upper Body Stretching Routine: <https://www.youtube.com/watch?v=1ioR8Vq8zbQ>

Lower Body Stretching Routine: <https://www.youtube.com/watch?v=Wd3eZZ92AkA>

*All stretches can be held for 1-2 minutes per stretch or side*

Quad Stretch

Hip Flexor

Short-Split

Hip Stretch

Frog Stretch

Calf Stretch -drop heel off the stairs

Sleeper Stretch

Over/Under Stretch

Front to Back

Korean Dip Stretch

Monkey

Reverse Monkey

Congratulate yourself on a job well-done! Aim to do this twice a week and you’ll be in great shape to start the season!