

Charlotte Trojan/Trojanettes Strength and Conditioning

Choose A Warm-Up

General Warm-up

1. Jumping Jacks x 20
2. Seal Jacks x 20
3. Split Jumps x 20
4. Sumo Squats x 20
5. Fire Hydrants x 8 each way
6. Yoga Push-ups x 8
7. Bird-Dogs x 8 each way
8. Hip Bridges x 20
9. Spider Man Stretch x 5
10. Pogo Hops x 20

Dynamic Warm-up

1. A-Skips x 20 yds
2. High Knees x 20 yds
3. Fwrd Lunge w/twist x 20 yd
4. Backward Lunge x 20 yd
5. Lateral Lunge x 20
6. Loop n Scoop x 20 yds
7. Tin Man x 20 yds
8. Butt Kicks x 20 yds
9. Inchworm x 20 yds
10. Slow bear crawl x 20 yds

Pick a workout & finish with a Conditioning workout

Workout #1

1. Air Squats: 1 minute
2. Single leg RDL(each leg): 1 minute
3. Push-ups : 1 Minute
4. Inchworms: 1 Minute
5. Plank(reg/side/side): 1 minute each
6. Hip Bridges: 1 minuets
7. Squat Jumps: 1 Minute

REPEAT 3 TIMES

Workout #2

1. Push-ups to failure x 3 sets
2. Single leg squats to chair x 10 each leg
3. Chair dips to failure x 3 sets
4. Sumo Squats 3 sets of 15
5. Donkey Kicks 3 sets of 15
6. Pogo hops 3 sets to 1 Minute
7. Side to side hops 3 sets of 1 minute

YOUR FINISHED

Workout #3

1. Reverse Lunges: 4 x 10 each leg
2. Single leg hop bridges: 4 x 10 each leg
3. Side Planks: 4 x 45 seconds each side
4. Yoga Push-ups: 4 x 12
5. Lateral Lunges: 4 x 12 each way
6. Burpee Jumps(explosive): 4 x 10
7. Side to side hops: 3 sets of 1 minute

YOUR FINISHED

Workout #4

1. Squat Jumps: 1 Minute
2. Mountain Climbers: 1 Minute
3. Hand release push-ups: 1 Minute
4. Split Jumps: 1 Minute
5. Bear Crawls: 1 Minute
6. Forward-back quick feet hops: 1 Min.
7. Crab walk: 1 Miuet

REPEAT 3 TIMES

Workout #5

BACK PACK WORKOUT(fill backpack)

1. Back pack Squats: 4 x 25
2. Back Pack Good Mornings: 4 x 25
3. Back pack push-ups: 4 x failure
4. Back pack bent over rows: 4 x 25
5. Back pack over head press: 4 x 25
6. Back pack Curls: 4 x failure
7. Back pack High pullls: 4 x 25

NUTRITION / SELF CARE

Drink plenty of water
 Eat plenty of vegetables and fruits
 Do not stay up all night
 Sleep 7-8 hours
 Protein at every meal if possible
 Wash hands regularly
 Do any work the school provides for you
 Spend time with your family

Conditioning #1

1. A-March: 3 x 20 yards
2. A-Skips: 3 x 20 yards
3. High Knees: 3 x 20 yards
4. 2 x sprint for 1 street block

Conditioning #2

1. A-March: 3 x 20 yards
2. A-Skips: 3 x 20 yards
3. Power Skips: 3 x 20 yards
4. Split Jumps: 1 Minute

Conditioning #3

Jog for 2 minutes
 Then sprint for 30 seconds
 That is 1 round: repeat for 6-10 rounds

- 5. 4 x sprint 1/2 of a street block
- 6. 6 x Sprint across road and back(shuttle)
- 7. 5 Minute slow Jog to cool down & STRETCH finished

- 5. Half kneeling sprints: 16 sets of 20 yds
Start in a half kneeling position do 8 reps with your right knee down then switch to left knee down.

If you have any questions contact:
Coach Brock: 325-716-8095

Weekly Competition Challenge: "HERSCHEL WALKER CHALLENGE"

****TO START THE CHALLENGE YOU MUST PUT ON 90'S OR EARLY 2000'S HIP HOP MUSIC**

Option A:	Option B:
# number of sets are up to you	As many rounds as possible for time:
1. 500 Push-Ups	1. Squats: 10 reps
2. 500 Sit-Ups	2. Push-ups: 10 reps
3. 5 K run or 10 k bike ride	3. Jumping Jacks: 15 Reps
	4. Reverse Lunges: 6 reps each leg
	Sit ups: 10 reps

Rules for the Challenge: You have 24 hours to complete the challenge. If you run or bike it does not have to be all at once, it can be broken through the day that goes for all exercise on Option A. Rules of Option B: 24 hours to complete as many rounds as possible, the only catch is once you start a round you must complete all the exercises. you can do a round now than do a round later and so forth. TEXT YOUR NAME AND SETS TO ME SO WE CAN SEE WHO HAS THE BEST OVERALL RESULT