

MUSTANG ATHLETES WORKOUT

I hope this message finds you well. Due to recent circumstances beyond our control, the new normal has changed as we know it, and may continue to change. During this time, I encourage you to heed all guidelines set forth by our nation, state, and school.

Make your schoolwork a priority each and every day.

- Find a way to improve yourself mentally & physically! Don't become stagnant and lose what you have gained the last three months.
- Find ways to be productive at home – it's a good time to clean up and clean out, spend quality time with family with board games and/or home projects.

Below are some suggestions for staying in shape while staying home.

Let me know if you need anything! ~Coach Ed

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| Stretch First | Every Day! - High Knee, Butt Kicks, Side Lunge, Forward Lunge, Frankensteins, Let It Hang, Spread 'Em, Saigon Squat, Superman, Dogleg, Scorpion |
| Chest: | Pick 3 Every Other Day Push Up Circuit- Wide Hand Placement 4x10 Narrow Hand Placement 4x10 Diamond Pushups 4x10 Overhead Pushups 4x10 Raised Element 4x10 (Use Ball or Some Platform) |
| Legs | Pick 2 Every Other Day Squat Jumps - 4x12 Hands Behind Head 4x 10 plyo Jumps (Use Objects 1/2/3 Ft High) Frog Jumps (Get Butt Below Knees) Calf Raises- Find Something to Prop Toes on And Something to Add Weight to Your Body. |
| Arms | Pick 2 Every Other Day Biceps-Standing Curl (Use Milk Jugs Full) 4x15 Concentration Curl- Seated Arm Inside Knee |
| Triceps | 4x10 Dips (Use Chair or Bench and Prop Up Feet) 4x10 Overhead Tricep Extension |
| Agility | Pick One Every Other Day 20 Yds- High Knee Carioca, Quick Feet Carioca, Shuffles, Pro Agility Run. Using Cones/Objects- Star Drill, Right Hand/Left Hand, Dot Drills |

Conditioning**Pick 2 Every Other Day**

Buildups 10-20-10 (Also Known as Flying 20's) 10

10-15 Minute Jog Around Yard

10-15 Jog in Place

4x30 Sec Knee Jumps (Knee in Chest)

Abs**Pick 4 To Do Every Day - 45 Secs Each**

Bicycle

Running Man

Mountain Climbers

Plank

Ins and Outs

Rowboats

Scissors

1-2-3