



# Spartan Football At-Home Work Out

Week 6



Mon., April 27	Tues., April 28	Wed., April 29	Thurs, April 30	Fri., May 1
<p><b>Dynamic Warm-Up (Your Choice)</b></p> <p><b>Strength Training</b>            Push Up with Side Raise 3X 10 to 15 Reps            Push Up with Front Raise 3X 10 to 15 Reps            Wide Push Up 3X 10 to 15 Reps            Diamond Push Up 3X 10 to 15 Reps            Staggard Hand Push Up 3X 10 to 15 Reps            Squats 3X 10 to 15 Reps            Lunges All 4 directions 3X 10 to 15 Reps            Single Leg RDL 3X 10 to 15 Reps            Rear Delts 3X 10 to 15 Reps  <a href="https://twitter.com/i/status/1252246883696881677">https://twitter.com/i/status/1252246883696881677</a></p> <p><b>Running</b>            Sprint as fast as you can for 23 seconds 3 times            rest for 10 minutes between sprint</p> <p><b>Plyometrics</b>  <a href="https://twitter.com/MHSTrackField2/status/1252611570670219273">https://twitter.com/MHSTrackField2/status/1252611570670219273</a></p> <p><b>Static Stretch (Your Choice)</b></p>	<p><b>Dynamic Warm-Up (Your Choice)</b></p> <p><b>Strength Training</b>            Chair Side Step over 4x10            Step ups 4x10 each            Push Up &amp; Step Down 4x10            Lying Front Raises 4x10            1 Arm Back Burn 4x10            Super Mans 4x10            Dips 4x10            Tricep Ext 4x10            Glute Bridge 4x10  <a href="https://twitter.com/i/status/1243544688528887813">https://twitter.com/i/status/1243544688528887813</a></p> <p><b>Running</b>            8-5 sec or 40 ydsprints (full speed) 30 sec rest between            6-6 sec or 50 yd sprints(full speed) 30 sec rest between            4-7 sec 60 yd sprints (full speed) 30 sec rest between            Rest 5 minutes between each set of sprints</p> <p><b>Static Stretch (Your Choice)</b></p>	<p><b>Dynamic Warm-Up (Your Choice)</b></p> <p><b>Running</b>            14-3 sec or 20 yd sprint (full speed) 30 sec rest            12-4 or 30 yd sec sprint rest(full speed) 30 sec rest            10-5 sec or 40 yd sprint (full speed) 30 sec rest</p> <p><b>Plyometrics</b>  <a href="https://twitter.com/cavemensports/status/1250496582161559552?s=20">https://twitter.com/cavemensports/status/1250496582161559552?s=20</a></p> <p><b>Static Stretch (Your Choice)</b></p>	<p><b>Dynamic Warm-Up (Your Choice)</b></p> <p><b>Strength Training</b>            Hang Clean 3X 5 or Squat Jump 3X10            Bench Press 3X10 or Push Ups W/ Feet Elvated 3X10            Front Squat 3X10 or Single Leg Squat 3X10            Pull Ups 3X10            Walkouts or Planks  <a href="https://twitter.com/i/status/1253334258359230464">https://twitter.com/i/status/1253334258359230464</a></p> <p><b>Running</b>            8-5 sec or 40 yd sprints (full speed) 30 sec rest between            6-6 sec 50 yd sprints(full speed) 30 sec rest between            4-7 or 60 yd sec sprints (full speed) 30 sec rest between            Rest 5 minutes between each set of sprints</p> <p><b>Static Stretch (Your Choice)</b></p>	<p><b>Dynamic Warm-Up (Your Choice)</b></p> <p><b>Strength &amp; Cardio Training</b>  <b>Isometric Training</b>            4 sets on all lifts &amp; Hold for 10 secs or longer            Wall sit            Wall push            Overhead Shoulder press            Lunge Hold            Push Up Hold            Pull Up Hold    <a href="https://twitter.com/i/status/1250794090226122753">https://twitter.com/i/status/1250794090226122753</a></p> <p><b>Running</b>            Sprint for 5 seconds for 6 reps.            Rest 5 minutes between each sprint</p> <p><b>Plyometrics</b>  <a href="https://twitter.com/Bradlynch17/status/1247707742820802566?s=20">https://twitter.com/Bradlynch17/status/1247707742820802566?s=20</a></p> <p><b>Static Stretch (Your Choice)</b></p>