
Livermore Fusion SC Player Engagement



#FUSIONTIME – PHYSICAL WORKOUT 1

Fusion SC Sport Psychology



Endurance Workout

Jump Rope

Jumping Jacks

Jog in Place

Burpees

Mountain Climbers

Squat Jumps

Bear Crawl Push Ups

Suggested Workout Routine

Jump Rope

It's great cardio, burning about 220 calories in 20 minutes

In a Beginner Circuit: Alternate 10-30 seconds of jumping with marching in place for 5-10 circuits. Gradually work up to longer jumping sessions.

In a Cardio Circuit: Alternate 30-60 seconds of jumping with other cardio exercises such as marching, jogging, jumping jacks, etc.

In a Cardio/Strength Circuit: Alternate 30-60 seconds of jumping with strength exercises, such as squats, lunges, push-ups, and dips.





Jumping Jacks

Jumping Jacks burn about 100 calories in 10 minutes

In a Cardio Circuit: Use jumping jacks in a circuit, doing them for 30-60 seconds and alternating them with other cardio exercises such as marching, jogging, jumping rope, etc. Try a different variation of jumping jacks each time, repeating the circuit for 10-30 minutes.

In a Cardio/Strength Circuit: Alternate 30-60 seconds of jumping jacks with strength exercises such as squats, lunges, pushups, and dips for 10-30 minutes.

In Your Regular Workout Add a high-intensity blast to your regular cardio or strength workouts by adding a minute or more of jumping jacks throughout the workout or at the end.

Jog in Place

Great way to warm up for an intense exercise

As a Warmup: Start by marching in place, then slowly change that to a jog to prepare your body for more strenuous exercise.

In a Cardio Circuit: Alternate jogging in place with other cardio exercises, such as marching, jogging, jumping rope, step touches, etc. Do each for 30-60 seconds, repeating the circuit for 10-30 minutes.

In a Cardio/Strength Circuit: Alternate 30-60 seconds of jogging in place with strength exercises, such as squats, lunges, push-ups, and dips for 10-30 minutes.

As an Active Break: Try jogging in place when you need an active break at work or at home.



Burpees

Burns 100+ calories per 10 minutes

In a Cardio Circuit: Incorporate 30-60 seconds of burpees every 3-4 minutes of a cardio circuit that includes other exercises, such as marching, jogging, jumping rope, step touches, etc.

In a Strength Circuit: Add 30-60 seconds of burpees for every 3-5 strength exercises, such as squats, lunges, push-ups, and dips for 10-30 minutes.

In High-Intensity Interval Training: Do 30-60 seconds of burpees, rest for 30-60 seconds, and repeat for 10 or more minutes.





Mountain Climbers

Mountain climbers raise the heart rate while building strength and endurance in the core

In a Cardio Circuit: Add mountain climbers to your cardio circuit, doing them for 30-60 seconds each time.

In a Strength Workout: Combine mountain climbers with push-ups or planks to add intensity.

In Combinations: For high intensity, do a series of mountain climbers with burpees, alternate 10 push-ups with 10 mountain climbers, or add them to bear crawls.



Squat Jumps

Squat jumps are a plyometric exercise that will raise the heart rate, burn calories, and increase power in the legs

In a Cardio Workout: Incorporate 30-60 seconds of squat jumps into your regular cardio workout or in a cardio circuit with other exercises, such as marching, jogging, jumping rope, step touches, etc.

In a Lower Body Workout: Add 30-60 seconds of squat jumps after every 3-5 lower body exercise, such as squats, lunges, or deadlifts to increase intensity, power, and strength.

In High-Intensity Interval Training: Do 30-60 seconds of squat jumps, rest for 30-60 seconds, and repeat for 10 or more minutes. You can also use squat jumps in a Tabata workout.



Bear Crawl Push Ups

Get the heart rate up while building strength and endurance

In a Cardio/Strength Workout: Incorporate 30-60 seconds of bear crawls into your regular cardio workout or in a cardio circuit with other exercises such as marching, jogging, jumping rope, burpees, etc.

In an Upper Body Workout: Add 30-60 seconds of bear crawls for every 3-5 upper body exercises such as push-ups, chest presses, or dumbbell rows to increase intensity, power, and strength.

In High-Intensity Interval Training: Do 30-60 seconds of bear crawls, rest for 30-60 seconds, and repeat for 10 or more minutes, or alternate bear crawls with other high-intensity exercises such as burpees or squat jumps.



Workout Routine

Take the 7 exercises above and either do all of them in one routine or you can combine two or three into one exercise routine per day.

Suggested Workout:

Monday:

10 minutes of Jump Rope
10 Minutes of 1-minute interval Mountain Climbers

Tuesday:

10 minutes of Jogging in Place
10 minutes of 1-minute Bear Crawl Push Ups

Thursday:

10 minutes of Jump Rope
10 minutes of 1-minute interval Squat Jumps

Friday:

10 minutes of Jumping Jacks
10 minutes of 1-minute intervals of Burpees