

The Colony High School Football Home Workouts

During this trying time, I wanted to give you some things to think about and a home workout to follow.

Everyday wake up at a decent time, go to bed at a decent hour, don't change your schedule from something structured to "do what I want mentality". The most disciplined football teams will grow from this time off. Let's win games now!

Make sure you treat this time as a time to grow... learn something (musical instrument, how to fix something, how something works, basics of sign language, how to change out a tire, or oil in a motor...etc. But most of all, please **wash your hands** and stay healthy!!

I miss you dudes and see you soon!

God Bless Go Cougars!

Start these workouts ASAP!

Do our stretch routine every day before workout to get blood flowing and muscles warm and adjusted to new workouts. Needless to say, nutrition is even more important now than even before (if that's possible) Workouts are not difficult as much as they may be frustrating to your mind due to lack of weight. Remember to keep perfect form, with specified muscle being concentrated upon and controlled. Flex at top of contraction and be under control of the negative.

Day 1:

- 1) 100 body squats (proper depth and under 5 minutes)
- 2) 4x25 one leg squats (back knee must touch ground... not a race!)
- 3) 4x20 (each leg) single leg hip lifts. Squeeze butt at top.
- 4) 6x25 calve raises (30 seconds rest)
- 5) 4x25 reverse crunches (google it)
- 6) 10- 60 second runs @ 90% with 3-minute rests in between but keep walking during rest.

Day 2

- 1) 100 QUALITY push-ups... as long as it takes.
- 2) Superset 4x20 reps/30 seconds
Dips (use a chair if nothing else)
Wide stance push-up position.
- 3) Superset 3x15 reps/30 seconds plank
Abs- Giant Leg circles on back.
- 4) 4x15 Diamond Pushups
- 5) 4x20 back squeezes with 3 second hold/flex. (Lay on belly with fingers locked behind back, elbows to the side. Lift your elbows up as high as you can and flex and hold.
- 6) 1 mile run for time

Day 3

- 1) 3x15 leg lifts with hip raise (lay on back, control downward movement too)
- 2) 4x20 (each leg) backward lunges
- 3) 4x12 (each way) split hand push up.
Start with left hand below chest and right hand above shoulder, then switch.
- 4) 4x45 second wall sits (find a weight to hold out in front of you)
- 5) 3x15 Jump Tucks
- 6) 12- 30 second sprints @ 90% with 90 second rest (jog during rest)

Day 4- REST

Day 5

- 1) 4 growing sets of one legged squats (Find a weight!!)
1x10 each leg
1x20 each leg
1x30 each leg
1x40 each leg
- 2) superset 3x15 jump squats followed by body weight squat hold for 25 seconds (feel the burn)
- 3) 3x15 pushups. 1st set with hands elevated, 2nd normal push up, 3rd with feet elevated.
- 4) 5x25 butterfly abs
- 5) calf raises 3 x 30 with 2 second pause/flex at top.
- 6) 1 mile run for time.

Day 6

- 1) 4x20 walking lunges with leg lift and squeeze (each leg)
- 2) 4x12 feet elevated push ups with 2 second pause at bottom (2 inches from ground, not resting on ground)
- 3) 3x10 (each way) 3 way shoulder complex. (Find a small weight)
- 4) calf raises 6x20 with 20 second rests.
- 5) 100 body weight squats for time.
- 6) 20- 10 second sprints @ 100% and 30 second rests.

Day 7

Stretch twice today, Run 1 mile, and rest!