

Bantam Team Work Out Routine

Bench Mark Sheet - Try and Improve From Here

Go to the team website and click on "Training" and put in Password "workout" - You will see demonstrations of exercises.

Equipment required to complete this workout.

Skipping Rope

You can use the website to make sure you are familiar with what workout you are supposed to do
Please work on correct form.

You will be doing a 10 week workout - You will be tested every 3 weeks for results

Medicine Ball - Purchased at Wall Mart - Cost roughly \$15

Complete 2 sets of each exercise every other day.

This should be performed 3 days a week to see improvement

Skipping - 2 Minute Warmup		Reps Or Time Achieved	Set 1	Set 2
Exercise 1	Squat Jumps			
Exercise 2	Plyometric Push-Ups			
Exercise 3	Plank Bridge			
Exercise 4	Double Crunches			
Exercise 5	Burpees			
Exercise 6	Plank Supermans			
Exercise 7	Seated Russian Twists			
Exercise 8	Split squatsSplit Squat Jumps			
Exercise 9	Overhead Throws			
Exercise 10	Reverse Curls			
Exercise 11	Bounding with Rings			

Each player will be shown how to do each exercise at the beginning of each phase as well as bench marked on each exercise to determine how many reps of each exercise they can complete in the allotted time frame.

The goal is to increase strength & stamina so we can move to some more difficult strength exercises down the road.

This should take no more than roughly 30 minutes with a 5 minute warm up and a 5 minute cool down included.