



# Holiday Fitness Schedule

Since 1991 Developing Better Players, Teams, People

## Upper Body Exercises

If completed as a circuit do as many reps as possible for time, but no less than a minute and no longer than 2 minutes. If done as reps, do at least 15-20 reps. If single arm action that would be 30-40 total. If movement is too difficult with band, perform movement without resistance band but double the reps.

Push up	
Regular	<a href="https://www.youtube.com/watch?v=eF0Sh8vpd6I">https://www.youtube.com/watch?v=eF0Sh8vpd6I</a>
Narrow	<a href="https://www.youtube.com/watch?v=G2mlaEfpEIM">https://www.youtube.com/watch?v=G2mlaEfpEIM</a>
Shoulder	<a href="https://www.youtube.com/watch?v=gwYDZJW5SLw">https://www.youtube.com/watch?v=gwYDZJW5SLw</a>
Dip	<a href="https://www.youtube.com/watch?v=6kALZikXxLc">https://www.youtube.com/watch?v=6kALZikXxLc</a>
Front raises	<a href="https://www.youtube.com/watch?v=V0wwXSljXY">https://www.youtube.com/watch?v=V0wwXSljXY</a>
Lateral raises	<a href="https://www.youtube.com/watch?v=iQlrRrZTrBs">https://www.youtube.com/watch?v=iQlrRrZTrBs</a>
Shoulder press	<a href="https://www.youtube.com/watch?v=jZvHdyr_sok">https://www.youtube.com/watch?v=jZvHdyr_sok</a>
Alternating shoulder press	<a href="https://www.youtube.com/watch?v=WzD2wD9W_GE">https://www.youtube.com/watch?v=WzD2wD9W_GE</a>
Bicep curls	<a href="https://www.youtube.com/watch?v=3cHmlz0onn0">https://www.youtube.com/watch?v=3cHmlz0onn0</a>
Bent over row	<a href="https://www.youtube.com/watch?v=UWYChllgPo">https://www.youtube.com/watch?v=UWYChllgPo</a>
Upright row	<a href="https://www.youtube.com/watch?v=L4I9NASUebY">https://www.youtube.com/watch?v=L4I9NASUebY</a>
Standing Row	<a href="https://www.youtube.com/watch?v=L4I9NASUebY">https://www.youtube.com/watch?v=L4I9NASUebY</a>

## Lower Body Exercises

If done as a circuit do as many reps as possible for time, but no less than a minute and no longer than 2 minutes.

If done as reps, do at least 20 reps. If single leg action that would be 40 total

Squat	<a href="https://www.youtube.com/watch?v=UXJrBgI2RxA">https://www.youtube.com/watch?v=UXJrBgI2RxA</a>
Squat with Band	<a href="https://www.youtube.com/watch?v=XNDYUhYIrTA">https://www.youtube.com/watch?v=XNDYUhYIrTA</a> <a href="https://www.youtube.com/watch?v=zvWFmsP8830">https://www.youtube.com/watch?v=zvWFmsP8830</a>
Single leg Squat	<a href="https://www.youtube.com/watch?v=sKBO0QbOzGM">https://www.youtube.com/watch?v=sKBO0QbOzGM</a>
Overhead Squat	<a href="https://www.youtube.com/watch?v=t0ezcdLM8T8">https://www.youtube.com/watch?v=t0ezcdLM8T8</a>
Block jumps	
Kick backs	<a href="https://www.youtube.com/watch?v=26qmCoP8IyA">https://www.youtube.com/watch?v=26qmCoP8IyA</a>
Skater slides	<a href="https://www.youtube.com/watch?v=4RuxhVJ4-pg">https://www.youtube.com/watch?v=4RuxhVJ4-pg</a>
Wall sits	<a href="https://www.youtube.com/watch?v=-cdph8hv000">https://www.youtube.com/watch?v=-cdph8hv000</a>
Lunge	<a href="https://www.youtube.com/watch?v=Z2n58m2i4jg">https://www.youtube.com/watch?v=Z2n58m2i4jg</a>
Split jump Lunge	<a href="https://www.youtube.com/watch?v=x3avm4QPINK">https://www.youtube.com/watch?v=x3avm4QPINK</a>



# Holiday Fitness Schedule

Since 1991 Developing Better Players, Teams, People

## Core Exercises

If done as a circuit do as many reps as possible for time, but no less than a minute and no longer than 2 minutes. If done for reps instead of time, do no less than 50 reps. If it is a single leg or single side action count every other one as a rep.

Russian Twist	<a href="https://www.youtube.com/watch?v=NeAtimSCxsY">https://www.youtube.com/watch?v=NeAtimSCxsY</a>
Crunch	<a href="https://www.youtube.com/watch?v=Xyd_fa5zoEU">https://www.youtube.com/watch?v=Xyd_fa5zoEU</a>
V- up	<a href="https://www.youtube.com/watch?v=riAutegDqdl">https://www.youtube.com/watch?v=riAutegDqdl</a>
Single leg V-up	<a href="https://www.youtube.com/watch?v=riAutegDqdl">https://www.youtube.com/watch?v=riAutegDqdl</a>
Leg lifts	<a href="https://www.youtube.com/watch?v=JB2oyawG9KI">https://www.youtube.com/watch?v=JB2oyawG9KI</a>
Dead Bugs	<a href="https://www.youtube.com/watch?v=I5xbsA71v1A">https://www.youtube.com/watch?v=I5xbsA71v1A</a>
Plank	<a href="https://www.youtube.com/watch?v=4E1QqHIO_Ys">https://www.youtube.com/watch?v=4E1QqHIO_Ys</a>
Plank up down	<a href="https://www.youtube.com/watch?v=L4oFJRDAU4Q">https://www.youtube.com/watch?v=L4oFJRDAU4Q</a>
Scissors up down	<a href="https://www.youtube.com/watch?v=-UTN4SoDTzI">https://www.youtube.com/watch?v=-UTN4SoDTzI</a>
Plank T's	<a href="https://www.youtube.com/watch?v=o2Qek4N2ea8">https://www.youtube.com/watch?v=o2Qek4N2ea8</a>
P 90X ab workout	<a href="https://www.youtube.com/watch?v=M8Ym423DqW0">https://www.youtube.com/watch?v=M8Ym423DqW0</a>

## Cardio Exercises

Done for a minimum of a minute between each set of other exercises.

Mountain climbers	<a href="https://www.youtube.com/watch?v=nmwqirgXLYM">https://www.youtube.com/watch?v=nmwqirgXLYM</a>
High knees	<a href="https://www.youtube.com/watch?v=oDdkytliOqE">https://www.youtube.com/watch?v=oDdkytliOqE</a>
Burpee	<a href="https://www.youtube.com/watch?v=JZA08SIjnM">https://www.youtube.com/watch?v=JZA08SIjnM</a>
Tuck jumps	<a href="https://www.youtube.com/watch?v=lll_oY2Qmro">https://www.youtube.com/watch?v=lll_oY2Qmro</a>
Sprinting in place	
Block, transition, approach	
Box Jump	<a href="https://www.youtube.com/watch?v=TPJhsE0QeD8">https://www.youtube.com/watch?v=TPJhsE0QeD8</a>
Step ups	<a href="https://www.youtube.com/watch?v=BeN9ZcYY5iM">https://www.youtube.com/watch?v=BeN9ZcYY5iM</a>
Jump rope	<a href="https://www.youtube.com/watch?v=0dyyJY5HnKo">https://www.youtube.com/watch?v=0dyyJY5HnKo</a>
Rocket Jump	<a href="https://www.youtube.com/watch?v=6dTZvDnbiMc">https://www.youtube.com/watch?v=6dTZvDnbiMc</a>