

## **Week 2 of the TEAM Z Dry Land Training Program**

Keep up the good work!

**THE ONLY BAD WORKOUT IS THE ONE THAT DIDN'T HAPPEN.**

### Stretch/Warmup:

Each workout should start with a light stretch and warmup. Warm up by doing burpees or jumping jacks. Start slow and keep a constant pace and don't stop until you hit 20 burpees or 20 jumping jacks. The intent is to warm your muscles up, not compete for time.

<https://www.youtube.com/watch?v=qLBImHhCXSw>

### Workouts:

Workouts listed below are intended to be a mix of leg, core, and upper body strengthening along with some Cardio work. Flexibility is very important as well, so be sure to go through a good stretch routine after each workout is complete and while your muscles are still warmed up.

### Exercises:

- Air Squats:
  - Hands locked in front of you and be sure to go all the way to a good tuck position with your legs. If needed, use a low chair to be sure that you are going low enough. Have your partner or parent let you know if your thighs are parallel to the ground.
    - <https://www.youtube.com/watch?v=acIHkVaku9U>
- Lunges
  - <https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=4s>
- Mountain Climbers
  - <https://www.youtube.com/watch?v=cnyTQDSE884&t=1s>

## Week 2 (11/13-11/19)

### U6-U10

- Monday, Wednesday, Friday
  - Stretch/Warmup (20 jumping jacks and light stretch)
  - Buy In: 20 burpees
  - 15 air squats
  - 10 leg raises
  - 12 air squats
  - 8 leg raises
  - 8 air squats
  - 6 leg raises
  - 6 air squats
  - 4 leg raises
  - 4 air squats
  - 2 leg raises
  - Cash Out: 40 second tuck. Good Form! Eyes forward, elbows in front of knees, hands in front of face, butt down!
  - Plyometrics
    - 25 hops on left leg
    - 25 hops on right leg
    - 40 jumps over line on floor. Hands up, Eyes Forward.
  - 40 second tuck.
  - 25 Pushups
- Tuesday, Thursday
  - Stretch/Warmup (20 burpees and light stretch)
    - Buy In: 40 lateral jumps over an imaginary line on the floor.
    - 20 lunges 10 on each leg
    - 20 Shoulder Taps
    - 20 situps
    - 20 Shoulder Taps
    - 20 lunges 10 on each leg
    - Cash Out: 40 lateral jumps over an imaginary line of the floor.
    - 50 air squats
    - 50 mountain climbers
    - 40 second tuck
- Saturday
  - Find somewhere to go for a hike. 2-3 mile hike preferably with hills.
- Sunday
  - Recovery day. Go for a walk outside and stretch.

## U12-U14

- Monday, Wednesday, Friday
  - Stretch/Warmup (20 jumping jacks and light stretch)
  - Buy In: 30 burpees
  - 10 air squats
  - 10 leg raises
  - 8 air squats
  - 8 leg raises
  - 6 air squats
  - 6 leg raises
  - 4 air squats
  - 4 leg raises
  - 2 air squats
  - 2 leg raises
  - Cash Out: 50 second tuck. Good Form! Eyes forward, elbows in front of knees, hands in front of face, butt down!
  - Plyometrics
    - 40 hops on left leg
    - 40 hops on right leg
    - 50 jumps over line on floor. Hands up, Eyes Forward.
  - 45 second tuck.
  - 25 Pushups
  
- Tuesday, Thursday
  - Stretch/Warmup (see note above)
    - Buy In: 45 lateral jumps over an imaginary line on the floor.
    - 20 lunges 10 on each leg
    - 25 Shoulder Taps
    - 25 situps
    - 25 Shoulder Taps
    - 20 lunges 10 on each leg
    - Cash Out: 45 lateral jumps over an imaginary line of the floor.
    - 75 air squats
    - 75 mountain climbers
    - 50 second tuck
  
- Saturday
  - Find somewhere to go for a hike. 2-3 mile hike preferably with hills.
- Sunday
  - Recovery day. Go for a walk outside and stretch

## U14-U99

- Monday, Wednesday, Friday
  - Stretch/Warmup (20 jumping jacks and light stretch)
  - Buy In: 30 burpees
  - 10 air squats
  - 10 leg raises
  - 8 air squats
  - 8 leg raises
  - 6 air squats
  - 6 leg raises
  - 4 air squats
  - 4 leg raises
  - 2 air squats
  - 2 leg raises
  - Cash Out: 70 second tuck. Good Form! Eyes forward, elbows in front of knees, hands in front of face, butt down!
  - Plyometrics
    - 75 hops on left leg
    - 75 hops on right leg
    - 100 jumps over line on floor. Hands up, Eyes Forward.
  - 70 second tuck.
  - 50 Pushups
  
- Tuesday, Thursday
  - Stretch/Warmup (see note above)
    - Buy In: 50 lateral jumps over an imaginary line on the floor.
    - 30 lunges 15 on each leg
    - 30 Shoulder Taps
    - 30 situps
    - 30 Shoulder Taps
    - 30 lunges 15 on each leg
    - Cash Out: 50 lateral jumps over an imaginary line of the floor.
    - 100 air squats
      - Break them up. 25, then rest, another 25, but keep the heartrate elevated.
    - 100 mountain climbers
      - Break them up. 25, then rest, another 25, but keep the heartrate elevated.
    - 70 second tuck
  
- Saturday
  - Find somewhere to go for a hike. 2-3 mile hike preferably with hills.
- Sunday
  - Recovery day. Go for a walk outside and stretch

