



## 2017 Winter Workouts

### Week One

#### Tuesday

- FIFA 11+
- EMOM (Every Minute on The Minute)
  - 4 Man-Makers
  - Complete as fast as possible and rest the remainder of the minute
- \* Repeat for total of 5 sets
- AMRAP (As Many Rounds/Reps As Possible)
  - 7 Push-Presses and 7 Sit-Ups
  - 3 Minutes on, 1 minutes off
  - Complete as many rounds of 7 Push-Presses and 7 Sit-Ups as possible in 3 minutes
- \* Repeat for a total of 5 sets
- \* Score = Total Rounds + Total Reps
- 100 Russian Twists with 3 Candlesticks at every break
- Accessory work:
  - Hip Strengthening
  - Stretching

#### Wednesday

- FIFA 11+
- AMRAP (As Many Rounds/Reps As Possible)
  - Squats (Practice proper form)
  - 4 Rounds of 7 Squats (touching box or bench) and 4 Burpees
  - 3 Minutes on, 1 minute off
  - Complete total of 28 squats and 16 Burpees in 3 min
- \* If you don't complete, then do 25 Burpee Box Jumps at the end of 4 sets
- \* Repeat for a total of 4 sets
- \*Score = total rounds
- Accessory work:
  - 30 second Hollow Hold into 30 Hollow Rocks (2 minunte rest between sets)
  - Stretching



## Thursday

- FIFA 11+
- 18 Minute AMRAP (As Many Rounds/Reps As Possible)
  - Weighted Lunges
  - 3 Sets of 10 each leg, 6 Rounds
  - Ladders / Leg Strength
    - Round 1: 1 foot in / Walking Lunges (10 each leg)
    - Round 2: 2 feet in / Box Step-Ups (10 each leg)
    - Round 3: 2 in 2 out / 10 Box Jumps
    - Round 4: Shuffle / Walking Lunges (10 each leg)
    - Round 5: Skiers / Box Step-Ups (10 each leg)
    - Round 6: Hopscotch / 10 Box Jumps
- \* Switch when partner is finished with leg strength exercise
- Accessory work:
  - Stretching
  - Fitness goals

## Friday

- FIFA 11+
- Team Competition
  - Burpees
  - Shuttle sprints
  - Wheelbarrows
  - Air squats
  - Sit-ups
- \* Each team has to complete the total number of reps in the given amount of time
- \* Each team can decide how they break up the completion of the reps of each movement, but each team member has to complete at least 1 rep of each movement
- Accessory work:
  - Stretching
  - Fitness goals



## Week Two

### Monday

- FIFA 11+
- Bench Press
  - Complete 4 sets of 8 reps
- Tabata (High Intensity, . . . Low Rest)
  - Sit-Ups
    - Complete 8 reps as fast as possible in 20 seconds and rest for 10 seconds
  - Air Squats
    - Complete 12 reps as fast as possible in 20 seconds and rest for 10 seconds
- \* Repeat each exercise for a total of 8 rounds, with no rest between rounds
- EMOM (Every Minute on the Minute)
  - Man-Makers
    - Complete 4 reps as fast as possible and rest the remainder of the minute
- \* Repeat for total of 5 sets, with no rest between sets
- 100 Elbow Plank Crunches
- Sprints
  - Sprint the length of a basketball court twice (there and back) in 15 seconds and then rest for 20 seconds
- \* Repeat for a total of 5 rounds
- Accessory Work
  - Stretching

### Tuesday

- FIFA 11+
- Single Leg Box Step-Ups / Abdominal Circuit
- Partner 1:
  - Complete 10 Single Leg Box Step-Ups on each leg
    - Leave the leg you're working on up on the box between reps
    - Your resting leg only touches the ground when you come down
    - Switch once you've completed all 10 reps on one leg
- Partner 2: Abdominal Circuit
  - Round 1: HollowRocks
  - Round 2: Butterfly Sit Ups
  - Round 3: Hollow Hold
  - Round 4: High Plank
  - Round 5: Low Plank
  - Round 6: Bicycle Crunch
  - Round 7: Leg Lift
- \* Switch when Partner 1 is done with a set of the Single Leg Box Step-Ups
- \* Repeat each exercise for a total of 7 rounds, with no rest between rounds



- AMRAP (As Many Rounds / Reps As Possible)
  - Work for 12 minutes
  - Box Jumps / Walking Lunges
  - Partner 1: Complete 15 Box Jumps
  - Partner 2: Complete Walking Lunges going down and back the length of a ladder
- \* Switch when Partner 1 is finished with Box Jumps
- \* Repeat each exercise until you have worked for a total of 12 minutes
- Accessory Work
  - Candlesticks
  - Stretching

### Wednesday

- FIFA 11+
- Deadlifts (Practice Proper Form)
- AMRAP (As Many Rounds / Reps As Possible)
  - 4 Rounds
    - Round 1: 12 Romanian Deadlifts / 12 Air Squats / 12 Burpees
    - Round 2: 9 Romanian Deadlifts / 9 Air Squats / 9 Burpees
    - Round 3: 6 Romanian Deadlifts / 6 Air Squats / 6 Burpees
    - Round 4: 3 Romanian Deadlifts / 3 Air Squats / 3 Burpees
  - \* Complete each round, with no rest between rounds
- Long Distance Cardio Circuit
  - Partner 1: Run 5 laps around a basketball court
  - Partner 2: Complete a High Plank while Partner 1 is running
  - \* Switch when Partner 1 is done running
  - \* Repeat for a total of 4 rounds, with no rest between rounds
- Accessory Work
  - 100 Cannon Balls
  - Stretching



### Thursday

- FIFA 11+
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 21 Bar Pull-Ups / 21 Air Squats
    - Round 2: 15 Bar Pull-Ups / 15 Air Squats
    - Round 3: 9 Bar Pull-Ups / 9 Air Squats
- 100 Burpees
  - Complete 100 Burpees as fast as possible
  - Record you time when you are finished
- Accessory Work
  - Core strengthening session
  - Stretching

### Friday

- FIFA 11+
- Team Competition



## Week Three

### Monday

- FIFA 11+
- Front Squat (Practice Proper Form)
  - Complete 15 reps with the appropriate weight
- \* Repeat for a total of 4 sets
- AMRAP (As Many Rounds / Reps As Possible)
  - Plated Overhead Lunges
    - Complete 10 on each leg
  - Hollow Rocks
    - Complete 20
- \* Repeat each exercise for a total of 5 sets, with no rest between sets
- AMRAP (As Many Rounds / Reps As Possible)
  - Plated Overhead Walk
    - With a 25 pound weight above your head, walk down and back the length of a court
  - Sprint
    - Sprint down and back the length of a basketball court
- \* Repeat each exercise for a total of 5 sets, with no rest between sets
- Accessory Work
  - 100 Cannon Balls
  - Stretching

### Tuesday

- FIFA 11+
- Kettle Bell Swings
  - Using an appropriate weight (moderate), complete a total of 100 reps
- \*If you rest, you have to rest for a whole minute until you start again
- EMOM (Every Minute on the Minute)
  - Work for 1 minute: Burpees/Goblet Squat
    - Complete 3 Burpees as fast as possible
    - Using 5 lbs less than used for Kettle Bell Swings, complete as many Goblet squats as possible for the remainder of the minute
- \* Repeat each exercise for a total of 7 minutes, with no rest between sets
- Supermans to V-Ups
  - Complete a Superman and then roll to one side to go straight into a V-Up
  - Alternate rolling to each side to complete the V-Ups
- \* Repeat for a total of 20 Supermans and 20 V-Ups (going to each side 10 times)



- Partner Shuttle Sprints
  - Partner 1: Complete a Shuttle Run using the lines on a basketball court
    - Foul line and back, mid-court line and back, foul line and back, and end line and back
  - Partner 2: Complete a High Plank while partner 1 completes the Shuttle Run
- \* Partners then switch roles
- \* Repeat for a total of 5 rounds, with no rest between rounds
- Accessory Work
  - Stretching

### Wednesday

- FIFA 11+
- Bench Press
  - Work up to a 1 rep max
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 21 Burpee Box Jumps / 21 Kettle Bell Swings
    - Round 2: 15 Burpee Box Jumps / 15 Kettle Bell Swings
    - Round 3: 9 Burpee Box Jumps / 9 Kettle Bell Swings
  - \* Complete each round, with no rest between rounds
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 30 Slam Balls / 30 Sit-Ups
    - Round 2: 20 Slam Balls / 20 Sit-Ups
    - Round 3: 10 Slam Balls / 10 Sit-Ups
  - \* Complete each round, with no rest between rounds
- Accessory Work
  - Stretching



## Thursday

- FIFA 11+
- Cardio Circuit
  - Round 1: Sprint 5 laps around a basketball court (try to complete laps in 1:20)
    - Rest for 2:40
  - Round 2: Sprint 4 laps around a basketball court (try to complete laps in 1:00)
    - Rest for 2:00
  - Round 3: Sprint 3 laps around a basketball court (try to complete laps in 0:40)
    - Rest for 1:20
  - Round 4: Sprint 2 laps around a basketball court (try to complete laps in 0:20)
    - Rest for 0:40
  - Round 5: Sprint 1 lap around a basketball court (try to complete lap in 0:10)
- Abdominal Circuit
  - 100 Mountain Climbers
  - 100 Bicycle Crunches
  - 100 Cannon Balls
- Accessory Work
  - Stretching

## Friday

- FIFA 11+
- Team Competition





## Week Three

### Monday

- FIFA 11+
- Hang Cleans
  - Begin by practicing the proper form
  - Complete 15 reps with the appropriate weight
  - \* Repeat for a total of 4 sets
- Kettle Bell Swings
  - Using an appropriate weight (moderate), complete a total of 100 reps
  - If you rest, you have to rest for a whole minute until you start again
- Sprint / Abdominal Circuit
  - 5 Rounds
    - Round 1: Sprint the length of a basketball court / 50 Sit-Ups
    - Round 2: Sprint the length of a basketball court / 40 Sit-Ups
    - Round 3: Sprint the length of a basketball court / 30 Sit-Ups
    - Round 4: Sprint the length of a basketball court / 20 Sit-Ups
    - Round 5: Sprint the length of a basketball court / 10 Sit-Ups
  - \* Complete each round, with no rest between rounds
- Accessory Work
  - Stretching

### Tuesday

- FIFA 11+
- Farmer's Carry Step-Ups
  - Hold a dumbbell in each hand (with arms down at sides, keeping shoulders back and chest up) and complete a Step-Up on each leg.
  - Work up to your maximum weight for 1 rep on each leg
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 30 Farmer's Carry Step-Ups (15 each leg) / 30 Hollow Rocks
    - Round 2: 20 Farmer's Carry Step-Ups (10 each leg) / 20 Hollow Rocks
    - Round 3: 10 Farmer's Carry Step-Ups (5 each leg) / 10 Hollow Rocks
  - \* For Farmer's Carry Step-Ups, use 10-15 pounds less than used for your max weight
  - \* Complete each round, with no rest between rounds
- Farmer's Carry Walk
  - Walk the length of a basketball court while holding a dumbbell in each hand (with arm down at sides, but keeping shoulders back and chest up)
    - Use the same amount of weight as you used for your Farmer's Carry Step-Ups  
Maximum
    - Rest while your partner goes
  - \* Repeat for a total of 3 rounds



- Accessory Work
  - 100 Mountain Climbers
  - 100 Knee-to-Opposite-Elbow Crunches
  - Stretching

### Wednesday

- FIFA 11+
- Bench Press
  - Using just the barbell, complete as many reps as possible
  - \* Repeat for a total of 3 sets, with at least 2 minutes of rest between sets
- Tabata (High Intensity, . . . Low Rest)
  - Push-Ups
  - Complete as many reps as possible in 20 seconds and then rest for 10 seconds
  - \* Repeat for a total of 8 rounds
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 21 Pull-Ups / 21 Thrusters
    - Round 2: 15 Pull-Ups / 15 Thrusters
    - Round 3: 9 Pull-Ups / 9 Thrusters
  - \* Complete each round, with no rest between rounds
- Accessory Work
  - Abdominals
  - Stretching



## Thursday

- FIFA 11+
- Push-Ups
  - Complete as many reps as possible
    - Remember to keep your elbows in as you go down and get your chest close to the floor before coming back up
  - \* Repeat for a total of 3 sets, with at least 2 minutes of rest between sets
- AMRAP (As Many Rounds / Reps As Possible)
  - 3 Rounds
    - Round 1: 30 Air Squats / 30 Sit-Ups / 30 Burpees
    - Round 2: 20 Air Squats / 20 Sit-Ups / 20 Burpees
    - Round 3: 10 Air Squats / 10 Sit-Ups / 10 Burpees
  - \* Complete each round, with no rest between rounds
- Sprint / Abdominal Circuit
  - 5 Rounds
    - Round 1: Sprint the length of a basketball court / 50 Cannon Balls
    - Round 2: Sprint the length of a basketball court / 40 Mountain Climbers
    - Round 3: Sprint the length of a basketball court / 30 Hollow Rocks
    - Round 4: Sprint the length of a basketball court / 20 Oblique Crunches
    - Round 5: Sprint the length of a basketball court / 10 Sit-Ups
  - \* Complete each round, with no rest between rounds
- Accessory Work
  - Stretching

## Friday

- FIFA 11+
- Team Competition