

General Conditioning Warm Up

Warm-Up:

Foot Drills:

Up on Toes

Up on Toes (Toes pointed inward/ Heels pointed outward)

Up on Toes (Heels pointed inward/ Toes pointed outward)

Inverted Walk (Walk on the arches of your feet)

Everted Walk (Walk on the outside of your feet)

Up on Toes (Backwards)

Heel Walk

Toe Grab

Joint Mobility:

Ankle, Knee, Hip, Trunk, Wrist Circles and 4 Way Neck Stretch

Continuous Warm-Up:

1. Jog 100m

2. Side Shuffle 100m

3. Lunge Walk 50m

4. Carioca 100m

5. Carioca Step Over 50m w/ R step over, 50m w/ L step over

6. Skip 100m

7. Backwards Running 50m

8. Walk 50m with Arm Circles. Shoulder Rotations etc.

9. Stride 100m w/ Arm rotations Forward (50m) and Backward (50m)

General Conditioning Workout A

General Conditioning Warm Up

Scramble Circuit:

20 X Push ups 10m Sprint	1- Squat Thrust	1 Rocket Jump
20 X Prisoner Squats 10m Sprint	1- Squat Thrust	1 Rocket Jump
20 X V-Sits 10m Sprint	1- Squat Thrust	1 Rocket Jump
20 X Back Hypers 10m Sprint	1- Squat Thrust	1 Rocket Jump
15 X Clap Push ups 10m Sprint	1- Squat Thrust	1 Rocket Jump
15 X Rocket Jumps 10m Sprint	Backward Summersault	1 Rocker Jump
15 X Dips w/ hip thrust 10m Sprint	Backward Summersault	1 Rocker Jump
15 X Speed Skate 10m Sprint	Backward Summersault	1 Rocker Jump
20 X Windshield Wipers 10m Sprint	Backward Summersault	1 Rocker Jump
15 X Back Bend Push ups 10m Sprint	Backward Summersault	1 Rocker Jump
20 X Flutter Kicks 10m Sprint	Backward Summersault	1 Rocker Jump
10 X 4-Cnts Thrust 10m Sprint	Backward Summersault	1 Rocker Jump

General Strength A:

30second continuous exercise with 20 seconds recovery

Push Ups

Prisoner Squats

V-sits

Back Hypers

Push Ups w/ Claps

Dips

Windshield Wipers

Leg toss

Prone Opposite Arm/ Leg

Crunches

General Conditioning B:

General Conditioning Warm Up

Dynamic Run: *20 minutes of continuous running

Breakdown:

1) 3 minutes @ jog

2) 1 minute @ run

3) 15 seconds @ sprint

- repeat steps 1-3 until you have reached 20 minutes

- Be sure to finish on a jog segment. If you are on a jog segment and 20 min. has been reached, complete the full jog segment.

Cool Down:

400m forward skip on the turns and backward skip on the straight-away.

General Strength:

Killer Pillar: 30second continuous exercise with 20 seconds recover

¼ Sit ups

Crunches

Side Hip Thrusts

Skydiver w/ Twist

Straight Leg Crunch

Hip Thrusts

Toe Touches

Leg Toss

General Conditioning C

General Conditioning Warm Up

30 Meter Circuit:

- | | |
|--|------------------|
| 1. Jog 30m | Backward Run 30m |
| 2. Walking Russian Twist Lunge | Jog 30m |
| 3. Skip Fwd w/ Arm Swings 30m | Backward Run 30m |
| 4. Trail Leg Circles on Wall X 10 each leg | |
| 5. Skip Fwd w/ BWK Arm Swings | Backward Run 30m |
| 6. Ankle Pops 30m | Jog Backward 30m |
| 7. A Skip 30m | Jog Backward 30m |
| 8. Marching Run 30m | Backward Run 30m |
| 9. BKW A Skip 30m | Jog 30m |
| 10. Lateral Squat Walk 15/15m | Jog 30m |
| 11. Single Leg Toe Touch 30m | Jog 30m |
| 12. Alternate Fast Leg 30m | Jog 30m |
| 13. Butt Kicks 30m | Jog 30m |
| 14. Leg Swings Lateral & Linear X 10 each | |
| 15. Side Slide 30m | Side Slide 30m |
| 16. Backward Run 30m | Jog 30m |
| 17. Accelerate 60% 30m | Walk Back |
| 18. Accelerate 70% 30m | Walk Back |
| 19. Accelerate 80% 30m | Walk Back |
| 20. Accelerate 90% 30m | Walk Back |

General Strength A:

30second continuous exercise with 20 seconds recovery

Complete 2x

Push Ups

Prisoner Squats

V-sits

Back Hypers

Push Ups w/ Claps

Dips

Windshield Wipers

Leg toss

Prone Opposite Arm/ Leg

Crunches

General Conditioning D:

General Conditioning Warm Up

Cross Fields x 10-

- jog along the baseline until you reach the corner
- Technical build-up across the field.
- 1 lap is equivalent to 1 repetition.

General Strength A: Complete 2 Sets

30second continuous exercise with 20 seconds recovery

Push Ups

Prisoner Squats

V-sits

Back Hypers

Push Ups w/ Claps

Dips

Windshield Wipers

Leg toss

Prone Opposite Arm/ Leg

Crunches

General Conditioning E:

Warm-Up

10 Prisoner Squats

10 Front Lunges

20 Wide Outs

20 Crunches

-----> 3 X 50m Build ups with Skip Return

10 Side Lunges

10 Alt. Side Lunges

10 Kneeling Trail Leg Circles (fwd & bkw)

10 Fire Hydrants

-----> 3 X Marching Run with Low Skip and Scoop return

20 Scissor Splits

10 Donkey Kicks

10 Lead and Trail Leg Lifts

20 Lateral Splits

-----> 3 X 50m Build Ups with Side Slide Return

10 Single Leg Donkey Kicks

10 Drop Squats

10 Mogul Jumps

20 Ankle Pops

-----> 3 X 30m Straight Leg Run with Backwards Skip Return

20 High-Low Bicycle (10 & 10)

10 In Place A Skips

10 Scorpions

10 Push Ups with a Clap

-----> 30 X 50m Build Ups with Walk Return

Capture the Flag- Acceleration Style

- Objective: To be in constant motion!
- When you are not chasing someone or being chased, a jog pace is recommended.
- When you are being chased or chasing a sprint/run pace is recommended.
- Those individuals who have been captured in jail should remain in constant motion.
- There is no babysitting of the jail and those individuals who rescue the prisoners get a free run back to their territory.
- Playing time 5 minutes with 5 minutes recovery before replaying.

General Conditioning F

General Conditioning Warm Up

***Monster Circuit-**

25 V-Sits	200m Build Up
25 Prisoner Squats	200m Build Up
50 In-Place A Skips	200m Build Up
25 Chinnies	200m Build Up
25 Fire Hydrants	200m Build Up
25 Trail Leg Circles	200m Build Up
15 4-Count Thrusts	200m Build Up
25 Crunches	200m Build Up
10 Rocket Jumps	200m Build Up

***2 sets of Monsters with 5 minutes of recovery in between the 1st Monster and 2nd Monster**

General Conditioning Cool Down:

Choose one of the following cool-downs, unless you are using a *General Conditioning Workout* with a cool-down written with it.

- 800m jog w/ 400m barefoot walk
- 400m forward/ backward skip (forward on the turns and back straight-a-way)
- 400m forward skip w/ 400m barefoot walk
- 400m forward jog on the turns and backwards jog on the straight-a-way

****ALWAYS STATIC STRETCH AFTER A WORKOUT!****