



B Sports Weekly Workout Plan

Workout Day 1: Monday	
Warm-up: https://www.youtube.com/watch?v=7Ht-e2-OHIA&t=55s	
Jumping Jacks	1 set of 25
Windmills	1 set of 5
Tornadoes	1 set of 5/each
Three Bounce Touch	1 set of 5
Standing Hip: Side	1 set of 5/each
Standing Hip: Forward	1 set of 5/each
Seated Hip: Int/Ext Rot.	1 set of 5
Seated Hip: Leg Kicks	1 set of 5
Seated Hip: Leg Circles	1 set of 5/each
Back Series: Leg Whips	1 set of 5/each
Back Series: Thoracic Rot.	1 set of 5/each
Stick Series	1 set of 5/each
Workout: click on individual exercise to see video	
Candlestick Series	10 egg rolls; 10 egg roll extensions; 25 candlesticks (your choice of double leg, double leg jump, or single leg)
Power Push-Ups	4 sets max
Single Leg Squats	3 sets of 10-25 per leg
Inverted Rows	4 sets max (2 sets overgrip, 2 sets undergrip)
Hamstring Curls	3 sets of 10-25
Hollow Body Rock 'n' Rolls	100 total (break up these reps however you need to)
Calf Raises	2 sets of 10-25 per leg
Stretch: click on individual exercise to see video	
Upper Body Routine	each stretch should be held for 1-2 minutes per stretch
Lower Body Routine	each stretch should be held for 1-2 minutes per stretch



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Workout Day 2: Tuesday	
Warm-up: https://youtu.be/LETfMhpbojA	
Egg Rolls	1 set of 10
Leg Swings: Forwards	1 set of 10-25
Leg Swings: Sideways	1 set of 10-25
Lunge Series	1 set of 1 each side
Ankle Movements	1 set of 5 each direction
Arm Circles	1 set of 10-25 each direction
Arm Swings	1 set of 10
Partner Innervate	1 set of 3
Sprinting Arms	1 set of 10-25
Sprint Technique: https://www.youtube.com/watch?v=aCN9GAT2650	
High Knees	3-4 reps (one rep should equal about 10 yards)
Quicker Quicker	3-4 reps (each cone should be about 2-3 yards apart)
Wheels	3-4 reps (one rep should equal about 10 yards)
Speed Skips	2-3 reps (one rep should equal about 10 yards)
Power Skips	2-3 reps (one rep should equal about 10 yards)
Quick Leg	3-4 reps (one rep should equal about 30 yards)
Acceleration Drills: https://www.youtube.com/watch?v=GHONV4hvlvk	
Fence Harness	3 sets of athlete choice reps
Mountain Climbers	2 sets of 6-10 reps
Starts https://youtu.be/khaci6XrsR8	
Falling Starts	3-4 reps
Two-Footed Starts	2-3 reps each side
Three Step Starts	2-3 reps each side
Build-up Sprints: 3 reps (Each sprint is about 60 yards; start slow and gradually build speed to 80-90% of your top speed; walk back between reps)	
Stretch: click on individual exercise to see video	
Lower Body Routine	each stretch should be held for 1-2 minutes per stretch



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Workout Day 3: Wednesday	
T-Spine Mobility: https://www.youtube.com/watch?v=S53Ny1hk9O8	
Supported Spine: Bent	1 set of 10/each
Supported Spine: Straight	1 set of 10/each
Suspended Spine: Head	1 set of 10/each
Suspended Spine: Back	1 set of 10/each
Suspended Spine: Reach	1 set of 10/each
Stacked Spine: Rotations	1 set of 5/each
Standing Spine: Toe Touch	1 set of 10/each
Hip Activation: https://www.youtube.com/watch?v=D4ew7DyJxQ	
Clam Shells	1 set of 10/each
Fire Hydrants	1 set of 10/each
Kick-Outs	1 set of 10/each
Donkey Kicks	1 set of 10/each
Glute Bridges	1 set of 10
Adductor Raises	1 set of 10/each
Shoulder Rehab: athlete choice either bands or weights	
Weighted Shoulder Rehab	1 set of 10/each
Band Shoulder Rehab	1 set of 10/each
Stretch: click on individual exercise to see video	
Upper Body Routine	each stretch should be held for 1-2 minutes per stretch



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Workout Day 4: Thursday

Warm-up: <https://www.youtube.com/watch?v=7Ht-e2-OHIA&t=55s>

Jumping Jacks	1 set of 25
Windmills	1 set of 5
Tornadoes	1 set of 5/each
Three Bounce Touch	1 set of 5
Standing Hip: Side	1 set of 5/each
Standing Hip: Forward	1 set of 5/each
Seated Hip: Int/Ext Rot.	1 set of 5
Seated Hip: Leg Kicks	1 set of 5
Seated Hip: Leg Circles	1 set of 5/each
Back Series: Leg Whips	1 set of 5/each
Back Series: Thoracic Rot.	1 set of 5/each
Stick Series	1 set of 5/each

Workout: [click on individual exercise to see video](#)

[Candlestick Series](#) 10 egg rolls; 10 egg rolls to extension; 10 L-Holds; 10 Flutter Kicks; 10 V-Ups

[Inverted Military Press](#) 4 sets max

[JEKL Lunges](#) 4 sets of 10 per leg

[Pull-Ups Progressions](#) 4 sets max (2 sets overgrip, 2 sets undergrip)

[Hamstring Pulls](#) 3 sets of 10-25

[Windshield Wipers](#) 100 total (break up these reps however you need to)

[Straight Leg Jumps](#) 2 sets of 10-25

Stretch: [click on individual exercise to see video](#)

[Upper Body Routine](#) each stretch should be held for 1-2 minutes per stretch

[Lower Body Routine](#) each stretch should be held for 1-2 minutes per stretch



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Workout Day 5: Friday

Warm-up: <https://youtu.be/LETfMhpbojA>

Egg Rolls	1 set of 10
Leg Swings: Forwards	1 set of 10-25
Leg Swings: Sideways	1 set of 10-25
Lunge Series	1 set of 1 each side
Ankle Movements	1 set of 5 each direction
Arm Circles	1 set of 10-25 each direction
Arm Swings	1 set of 10
Partner Innervate	1 set of 3
Sprinting Arms	1 set of 10-25

Sprint Technique: <https://www.youtube.com/watch?v=aCN9GAT2650>

High Knees	3-4 reps (one rep should equal about 10 yards)
Quicker Quicker	3-4 reps (each cone should be about 2-3 yards apart)
Wheels	3-4 reps (one rep should equal about 10 yards)
Speed Skips	2-3 reps (one rep should equal about 10 yards)
Power Skips	2-3 reps (one rep should equal about 10 yards)
Quick Leg	3-4 reps (one rep should equal about 30 yards)

Power Jumping https://www.youtube.com/watch?v=OKFd_2SZaDY

Double Toe Hops	1-2 reps (one rep should equal about 10 yards)
Single Toe Hops	1-2 reps (one rep should equal about 10 yards)
Standing Broad Jump	3-5 reps (each rep has 3 jumps)
Bounding	3-5 rpes (one rep shoud equal about 15-20 yards)
Standing Triple Jump	3-4 reps each side (shoot for max distance)

Build-up Sprints: 3 reps (Each sprint is about 60 yards; start slow and gradually build speed to 80-90% of your top speed; walk back between reps)

Stretch: [click on individual exercise to see video](#)

[Lower Body Routine](#) each stretch should be held for 1-2 minutes per stretch