

Swider's Spring Break Strength

Warmup/Cool Down (Completed Every Day of Workout)

- Warm Up (Complete each on in place for 20 seconds or 20 yards in length)
 - Jog
 - Butt kicks
 - High knees
 - Single Leg RDL's
 - Frankenstein's
 - Side Lunges
 - Lunge and Twist
 - Fast Butt Kicks
 - Fast high knees
- Cool Down (30 seconds each)
 - Legs together standing
 - Bend over touch your toes
 - Right over left and left over right
 - Legs apart standing
 - Lean to the right and lean to the left
 - Stretch to the right and stretch to the left
 - Butterfly
 - Stretch your calves leaning against wall or railing

Monday (Upper Body)

You have 5 different types of pushups. You will be working your chest while you are pushing, and you will be hitting your back as you stabilize yourself and from several of the pushup variations. Complete each of the 5 types of pushups one after the next resting as needed in between sets. Try and rest only as much as you need. The first time through you will do 8 reps for each pushup. Then the second time through you will do 6 reps. The third time is 4 reps and the fourth time is 2 reps. After completing the round, you will have done a total of 100 pushups! You will complete 3 rounds of this.

Pushup Types and Order

- Plyo/Clap Pushup
- Regular Pushup
- Hand Release Pushup
- Wide Grip Pushup
- Triangle Pushup

If you are struggling at any point to do any of these pushups, you can go to your knees to make it a little easier.

Tuesday (Legs)

We are going to hit every part of your legs (quads, hamstrings, glutes and calves). The first two lifts are to be completed with rest as needed in between sets. The third lift is a circuit and it is designed for you to only rest after completing one round of the circuit. Then we will have a finisher that will hit your legs but also challenge you mentally.

5x20 Freeze Body Squats
4x12 (each leg) Step Ups
3x10 (each leg and direction) Lunge Circuit
3 Minutes of Wall Sits

Wednesday (Core and Cardio)

Today is going to be a core and cardio day. We will first blast your core and then have you get outside for a jog. The first part of the core routine is a continuous plank (as best that you can). There are four different kinds of planks that total 5 minutes. Then, the second part is 5 more minutes of consecutive core where you choose any type of core exercise that you'd like. Once you are done, you will then head outside for your run.

2 Minutes Elbow Plank
1 Minute Side Plank
1 Minute Side Plank (other side)
1 Minute Pushup Plank

5 Minutes Continuous Abs

- Every 30 seconds change to a different ab routine

Thursday (Jump Routine)

The goal of today is to work on your explosiveness. All we are doing today is jumps. You will have four types of jumps that you will do to complete one round. You can rest in between each set of jumps (30-45 seconds ideally but if you need more, rest a little longer). Once that round of four jumps is completed, you have some rest time. This rest period can be a little longer. Once your rest period is over, complete 4 more rounds in this fashion, for a total of 5 rounds of jumps.

10 Squat Jumps
10 Tuck Jumps
12 (6 each leg) Speed Skater Jumps
10 Broad Jumps

Friday (Upper Body)

You probably loved Monday's workout so much that you wanted to do it again. Well, you got your wish! It is Monday's workout all over again.

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Saturday (Sprints)

Today is the last day before you get Sunday off. We are going to take you outside again for some more running. You need to find an area of like 50 yards (40 yard sprint, 10 yards for slowing down after sprint) so we can do some sprints. You will start by jogging for three minutes then head to your 50 yard area (street, parking lot, sidewalk, etc). You are going to do 20 sprints. I want to see how fast you can run. After each sprint, walk back to where you started and catch your breath. This not cardio. We are working your fast twitch muscle fibers. You should feel fresh before you start your next sprint. Once all your sprints are completed, jog for three minutes.

3 Minute Jog
20x40-yard sprints
3 Minute Jog

Sunday (Rest)

Today is your off day. Enjoy the Sabbath.