

F/C=Flexibility/Cardio C/B=Core/Balance S/S=Sport Specific R/P=Resistance/Power
Challenge The Bod and see how you measure up!
Refer to main page for instructional video!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Notes
Week 1	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	
Week 2	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	
Week 3	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	
Week 4	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	
Week 5	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	
Week 6	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	
Week 7	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	
Week 8	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	
Week 9	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	
Week 10	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	
Week 11	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	F/C C/B	
Week 12	F/C S/S	F/C R/P	F/C OFF	F/C C/B	F/C S/S	F/C R/P	F/C OFF	

Re-Challenge The Bod and see how you measure up!
Stay online for new workouts and tips on how to increase your sports performance.

12 Week Training Program

Refer to the main page for instructional video!

Weeks 1-4 Beginner

Exercise:

Flexibility/Cardio

SMFR

Cardio

Dynamic Stretching

A proper warm will reduce your chances of injury!

5-10 minutes

20-30 minutes

5-10 minutes

Core/Balance

Quadriped

Plank

Push Up

Push Up W/Rotation

Side Plank

Squat

One Leg Squat

One Squat/3Planes

Side Lunge

Toe Touches

2-3 circuits with 10-30 seconds of rest between exercises

4 30 second holds on both sides

1-2 minute hold

16-25 repetitions or until failure

8-12 repetitions on both sides or until failure

4 30 second holds on both sides

8-12 repetitions or until failure

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8-12 repetitions on both sides or until failure

8-12 repetitions on both sides or until failure

Speed/Agility

Ladder

Speed Rope

Step Ups

Sprints

3-5 minutes for each exercise

Focus on foot placement and speed

Start with a slow tempo then gradually pick it up

Step with the ball of your foot

Power from the start

Plyometrics

Squat Jump

Lunge Jump

Hops

Broad Jump

2-3 circuits with 10-30 seconds of rest between exercises

8-12 repetitions or until failure

Resistance/Power

Resistance Band

Standing Chest

Lunge Chest Press

Squat Row

Lunge Row

Overhead Press

Lateral Raise

Oblique Twist

2-3 circuits with 10-30 seconds of rest between exercises

16-25 repetitions or until failure

Purple Band = Heavy Blue Band = Medium Yellow = Light

Weeks 5-8

Intermediate

Exercise:

Flexibility/Cardio

SMFR
Cardio
Dynamic Stretching

A proper warm will reduce your chances of injury!

5-10 minutes
20-30 minutes
5-10 minutes

Core/Balance

Stability Ball

Lower Body

Ball Squat
Ball Lunge
Calf Raise
Leg Curl

Upper Body

Ball Push Ups
Ball Push Ups w/feet on Ball
Lower Back Extension
Quadriped
Pike
Pike to Shoulder Press
Ball Crunch
Oblique Twist
Total Body Combo

Legs to be at a 90 degree angle while sitting for correct size

Ranging from 45-75 cm

3-4 sets with 10-30 seconds of rest between sets
16-25 repetitions or until failure

3-4 sets with 10-30 seconds of rest between sets
16-25 repetitions or until failure

Speed/Agility

Ladder
Speed Rope
Step Ups
Sprints

3-5 minutes for each exercise

Focus on foot placement and speed

Start with a slow tempo then gradually pick it up
Step with the ball of your foot
Power from the start

Plyometrics

Squat Jump
Lunge Jump
Hops
Broad Jump

3-4 circuits with 10-30 seconds of rest between exercises
8-12 repetitions or until failure

Resistance/Power

Dumbbell Challenge

Lower Body

Squat
Lunge
Dead Lifts
Calf Raise

Upper Body

Chest Press
Chest Fly
Overhead Press
Scapular Raise
Overhead Triceps Ext
Double Arm Kick Back

Low Row
Rear Delt Fly
Hammer Curl
Supination Curl
Reverse Curl Crunch
Crunch Up

Weeks 9-12

Advanced

Exercise:

Flexibility/Cardio

SMFR
Cardio warm up
Dynamic Stretching

A proper warm will reduce your chances of injury!

5-10 minutes
20-30 minutes
5-10 minutes

Core/Balance

Quadriped
Plank
Push Up
Push Up W/Rotation
Side Plank
Squat
One Leg Squat
One Squat/3Planes
Side Lunge
Toe Touches

2-3 circuits with 10-30 seconds of rest between exercises
4 30 second holds on both sides

1-2 minute hold
16-25 repetitions or until failure
8-12 repetitions on both sides or until failure
4 30 second holds on both sides
8-12 repetitions or until failure
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Stability Ball

Lower Body

Ball Squat
Ball Lunge
Calf Raise
Leg Curl

Upper Body

Ball Push Ups
Ball Push Ups w/feet on Ball
Lower Back Extension
Quadriped
Pike
Ball Crunch
Oblique Twist
Total Body Combo

Speed/Agility

Ladder
Speed Rope
Step Ups
Sprints

3-5 minutes for each exercise
Focus on foot placement and speed
Start with a slow tempo then gradually pick it up
Step with the ball of your foot
Power from the start

Plyometrics

Squat Jump
Lunge Jump
Hops
Broad Jump

4-5 circuits with 10-30 sec of rest between exercises
8-12 repetitions or until failure

Resistance/Power

Stability Ball w/Dumbbells

Lower Body

Ball Squat
Ball Lunge
Calf Raise

4-5 sets with 30-60 seconds of rest between sets

8-12 repetitions or until failure

Upper Body

Chest Press
Chest Fly
Single Arm Low Row
T-Row
Scapular Raise
Rear Delt Fly
Triceps Extension
Preacher Curls
Ball Crunch
Oblique Twist

Medicine Ball Challenge

Squat Chops
Squat Toss
Smash

Walking lunge w/Rotation
Squat Jump 180
Med Ball Exchange

2-3 circuits with 10-30 sec of rest 8-12 reps or until failure

Med Ball Push Up w/Rotation
Oblique Twist Smash

