

## PRE-SEASON WORKOUT

This program should be started three (3) weeks before your season starts. Please make sure you have proper medical clearance before you begin this protocol. Perform the exercises in order. Be sure to take a **WHOLE MINUTE BREAK** between sets.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	-5 min jog -Stretch -15 min power walk -Push Ups: 3 sets of 10 -Crunches: 3 sets of 30 -Stretch	-5 min jog -Stretch -20 min power walk -Push Ups: 3 X 10 -Crunches: 3 X 30 -Stretch	-5 min jog -Stretch -10 min jog -10 min power walk -Push Ups: 3 X 10 -Crunches: 3 X 30 -Stretch	-5 min jog -Stretch -15 min jog -10 min power walk -Push Ups: 4 X 10 -Crunches: 3 X 40 -Stretch	-5 min jog -Stretch -20 min jog -5 min power walk -Push Ups: 4 X 10 -Crunches: 3 X 40 -Stretch	-5 min jog -Stretch -25 min jog -Push Ups: 4 X 10 -Crunches: 3 X 40 -Stretch
OFF	-5 min jog -Stretch -30 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Stretch	-5 min jog -Stretch -40 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Stretch	-5 min jog -Stretch -40 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -40 min jog -Push Ups: 4 X 15 -Crunches: 3 X 50 -Squats: 4 X 10 -Stretch
OFF	-5 min jog -Stretch -45 min jog -Push Ups: 4 X 15 -Crunches: 4 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -Push Ups: 4 X 20 -Crunches: 4 X 50 -Stretch	-5 min jog -Stretch -45 min jog -Push Ups: 4 X 20 -Crunches: 4 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -5 min stadium steps -10 min jog -Push Ups: 4 X 20 -Crunches: 4 X 50 -Stretch	-5 min jog -Stretch -45 min jog -Push Ups: 4 X 20 -Crunches: 4 X 50 -Squats: 4 X 10 -Stretch	-5 min jog -Stretch -45 min jog -Push Ups: 4 X 20 -Crunches: 4 X 50 -Squats: 4 X 10 -Stretch

