

**CHANDLER HIGH SOFTBALL: #BeGreat #TeamWorkHard #WhyNotChandler**  
January 1-9, 2017- Winter Break Workouts

*Each workout should strive to be around 40-minutes, with a combination of cardio and strength training. If you have access to a gym, utilize free weights. If you don't, just use your body weight for resistance. Your goal should be to workout at least 3-4 times each week. However, you can always add additional cardio. Keep in mind, these are just suggested workouts (feel free to modify). All exercises have been completed in class. You can also Pinterest some pretty awesome workouts.*

## Workout A

### Block #1 – (Duration = 7 Minutes)

- Sumo Squat \*Toes Pointed Out\* x15 TOTAL
- Superman Back Extension x15 TOTAL (*lie on your stomach, hands and feet lift up off the ground*).
- Seated Torso Twist \*Russian Twists\* x20 TOTAL
- **CARDIO:** Jump Squat x15 -OR- *Incorporate a short sprint (objective- spark your heartrate for 45-60 seconds)*

-Repeat Exercises Until Time Elapses-

### Block #2 – (Duration = 7 Minutes)

- Step Ups \*with weight if possible\* x16 TOTAL
- Push Ups x12 TOTAL (*Option: when you go down, release your hands and push yourself back up into pushup position*)
- Plank Position on Hands (not elbows) + Leg Raises x 16 TOTAL (*we did this on the Bosu in fitness center*)
- **CARDIO:** Pop Jacks x10 Total (Plank position on hands and jump feet in to go into squat position). -OR- *Incorporate a short sprint (objective- spark your heartrate for 45-60 seconds)*

-Repeat Exercises Until Time Elapses-

### Block #3- CORE BLAST (Duration = 3.5 Minutes)

- Crunch Straight Up :30 Seconds
- Full Sit Up :30 Seconds
- Bicycle Crunch: 30 Seconds
- Full Sit Up w/ Crunch Twist (*opposite elbow to opposite knee*) :30 Seconds
- Plank on Left Side :30 Seconds
- Plank on Right Side :30 Seconds
- Plank Regular :30 Seconds

### Block #4 - CARDIO (Duration 20-Minutes)

- Base Paced Jog \*Maintain Jog Pace; No Walking\*



## Workout B

### Block #1 - (Duration 7-Minutes)

- 1-Minute PLANK (complete this **ONE TIME TO START BLOCK**)
- Front Squats x 20 TOTAL
- Lateral Arm Raises x5; Front Raise x5; Over Head Press x5 (*Use 5-8lbs weights or something equivalent in weight from house; Water Bottles?*)
- Tricep Dips x10 TOTAL (*Use Chair to Dip*)
- Speed Skaters x 16 TOTAL

-Repeat Exercises Until Time Elapses-

### Block #2- CARDIO (Duration 10-Minutes)

- 1.5-Minute PLANK (complete this **ONE TIME TO START BLOCK**)
- Jog + Sprint Intervals (*Choose 2 of your favorite cardio songs... when the song starts- you jog. Every time the chorus plays, you have to increase your jog to make it closer to a sprint! Repeat until 10-Minutes is up*).

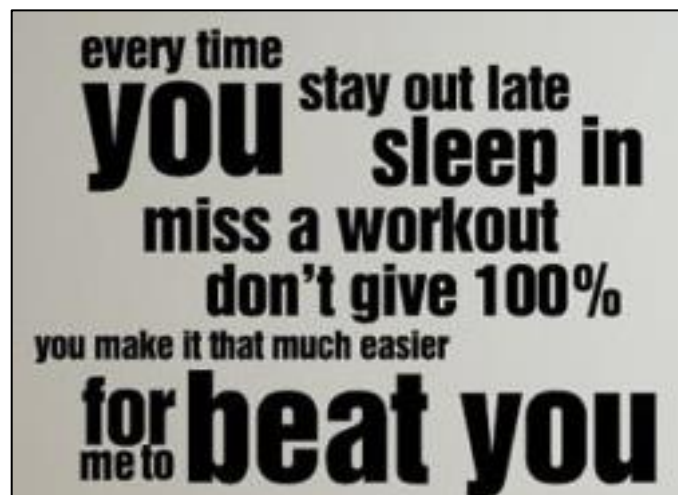
### BLOCK #3 (Duration 7-Minutes)

- 2-Minute PLANK (complete this **ONE TIME TO START BLOCK**)
- Seated Leg Lift (*hands under butt, lift legs straight up*) x20 TOTAL
- Seated Scissor Kicks (*hands under butt, lift one leg at a time: Alternating Left/Right*) x 20 TOTAL
- Alternate Lunges \*with weight\* (*start with feet together, alternate stepping back – getting knee low to ground*) x 16 TOTAL
- Plank Jack x24 TOTAL (*get into plank position and jump feet out at same time and then back in=1 rep*)

-Repeat Exercises Until Time Elapses-

### BLOCK #4 (Duration 7-Minutes)

- 2.5-Minute PLANK (complete this **ONE TIME TO START BLOCK**)
- Bridge Toe-Touch x10 TOTAL (*Start in Bridge Position, Hand Touches Opposite Toe*)
- Sumo Squat/Lunge Rotation x10 TOTAL= Sumo Squat (*toes pointed out*) + Rotate to Left into Lunge + Rotate to Right into Lunge = 1 rep



## Workout C

### BLOCK #1 (Duration 7-Minutes)

- Full Natural Thrusters (Squat with Weight – Drive Arm Up Above Head into Shoulder Press) x10 TOTAL
- Mountain Climbers x20 TOTAL
- Burpees \*without push-ups\* x 10 TOTAL
- Deadlift (*HEAVY WEIGHT IF AVAILABLE*) x10 TOTAL

-Repeat Exercises Until Time Elapses-

### BLOCK #2 (Duration 7-Minutes)

- 30-Squat Rotation = x10 regular squats; x10 prisoner squats (hands behind ears); x10 front arm raise squats (hands raise up to shoulder height as you squat). *You complete 30 all together, no rest in between.*
- Push-Up Releases (*when you go down into push-up, release your hands – forcing your body to go flat on ground. Then push yourself back up.*) x 10 TOTAL
- Bicep Curl x10 EACH ARM
- 1-Minute Plank Hold

-Repeat Exercises Until Time Elapses-

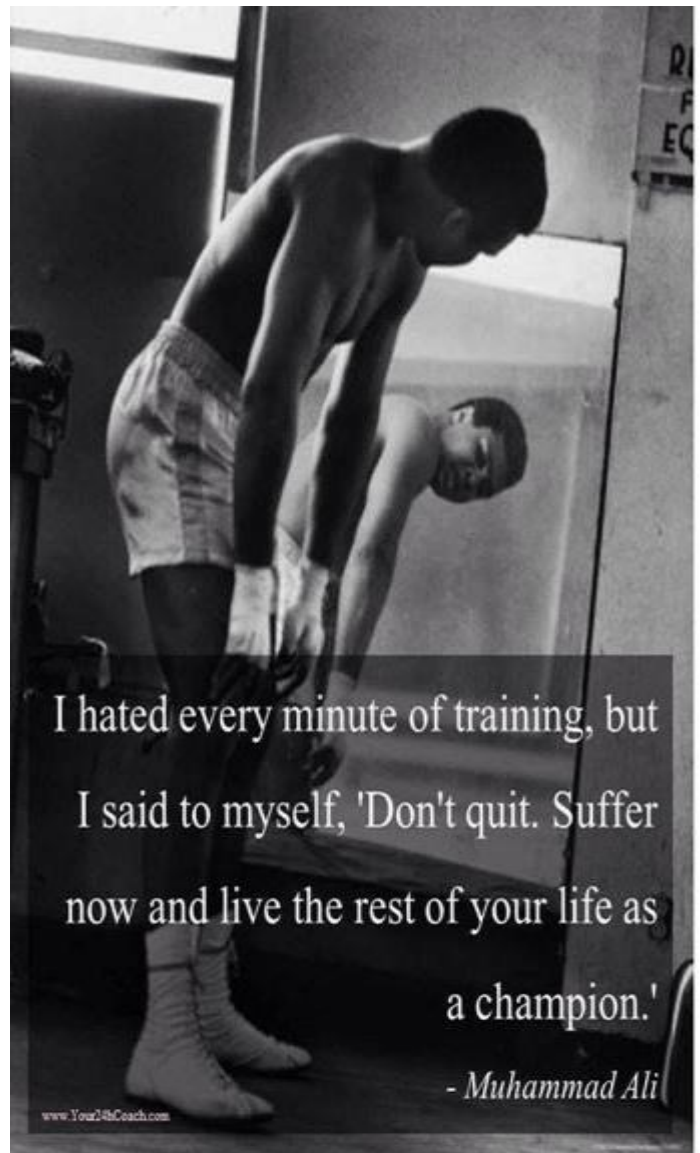
### BLOCK #3 (Duration 5-Minutes)

- Triple Squat Walkout x 10 TOTAL (*Squat three times; on the last squat, walk your hands out to push-up position, complete 1 push-up, walk your hands back to standing position = 1 repetition*)
- Core Blast = 10 Crunches-Shoulders Up Off Floor; 10 Full Sit-Ups; 10 Leg Lifts (*Hands under butt; legs straight out elevated above floor; lift straight up and return to floor*).

-Repeat Exercises Until Time Elapses-

### BLOCK #4 (Cardio Run)

- Run 1-mile (Time yourself to track progress/accountability).



## Workout D

### BLOCK #1 CARDIO (Duration 20-Minutes)

- Base Paced Jog \*Maintain Jog Pace; No Walking\*

### BLOCK #2 (Duration 8-Minutes)

- Jump Squat x10 TOTAL
- Front Raise x10 TOTAL
- Full Sit Up w/ Crunch Twist (*opposite elbow to opposite knee*) x10 TOTAL
- V-Ups (*Lay on Back; Bring right arm to touch left toe at the top; Alternate Sides*) x10 TOTAL
- **CARDIO:** Pop Jacks x20 Total (Plank position on hands and jump feet in to go into squat position). -OR- *Incorporate a short sprint (objective-spark your heartrate for 45-60 seconds)*

-Repeat Exercises Until Time Elapses-

### BLOCK #3 (Duration 8-Minutes)

- Power Push Up x8 TOTAL (*Regular push-up; except push your hands up off the ground to create space between your hands and ground; This can be completed w/ knees on ground or up in regular push-up position*).
- Superman Back Extensions x12 TOTAL (*Lay on stomach; Bring hands and feet up off the ground and hold for at least 2-secods*).
- Bicycle Crunch SLOW x28 TOTAL
- Squat/Pulse Rotation x30 TOTAL (*10 regular squats; 10 pulsing squats; 10 regular squats*).

-Repeat Exercises Until Time Elapses-

### BLOCK #4 TORNADO ROUND (Duration 4-Minutes)

*Each exercise is completed for 1-minute; Once time expires, you IMMEDIATELY go into the next exercise. In other words, non-stop movement for 4 minutes ☺*

1. Walking Lunges
2. Burpees (with push-ups)
3. Squat Hold + Lateral Lunge (*Start in Holding Squat Position; Step right foot out one-step, holding squat and step back, returning to regular squat hold position. Step left foot out one-step, holding squat and step back, returning to regular squat hold*).
4. Jog :30 seconds + Sprint :30 seconds.

Once you control your mind you can  
conquer your body.

NO EXCUSES. If you really want it  
you can have it.

You can't achieve any goals  
without discipline.

The difference between want and  
need is self control.

If its important to you, you will find a  
way. If not, you'll find an excuse.



## Random Workout Exercises to Incorporate

- 3-Minute Leg Blaster Using “**Jump Jump**” by Kris Kross (Start in holding squat position. *Every time you hear the word JUMP, you jump.*)
- Go to Chandler High School and complete a “**Wolf-Den Run**” (Time yourself to track yourself + keep yourself accountable).
- Bleacher/Track Workout #1 (SEARCH PINTREST FOR LOTS OF OPTIONS ☺):
  - Run 1-Lap (1/4 Mile)
    - 1-Bleacher Snake (*weave up and down the stairs from end to end*)
    - 20 Squats
    - 10 Push-Ups
    - 10 Dips
  - Run 1-Lap (1/4 Mile)
    - 1-Bleacher Snake (2-Stairs at a Time)
    - 20 Walking Lunges
    - 10 Russian Twists (Core)
    - 10 Scissor Kicks (Core)
    - 10 Over-Under Kicks (Core)
  - Run 1-Lap (1/4 Mile)
    - 1-Bleacher Snake (2-Stairs at a Time)
    - 50 Jumping Jacks
    - 10 Decline Push-Ups (*Feet on bench, hands on ground*)
    - 20 Squats
  - Run 1-Lap (1/4 Mile)
    - 20 Speed Skaters
    - 20 Burpees (No Push Ups)
    - 1-Minute Plank
    - 20 Walking Lunges

Natural talent only determines the limits of your athletic potential. It's dedication and a willingness to discipline your life that makes you great.

Billie Jean King

“THERE'S A DIFFERENCE BETWEEN INTEREST AND COMMITMENT. WHEN YOU'RE INTERESTED IN DOING SOMETHING, YOU DO IT ONLY WHEN IT'S CONVENIENT. WHEN YOU'RE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSES; ONLY RESULTS.”

– KENNETH BLANCHARD

➤ Running Intervals on a Treadmill

- :90 second BASE PACE
- :60 second PUSH PACE (at least 2 MPH faster than BASE)
- :30 second ALL OUT PACE (at least 2 MPH faster than PUSH)
- :90 second BASE PACE
- :60 second ALL OUT PACE
- :60 second BASE PACE
- :60 second PUSH PACE
- :30 second ALL OUT PACE
- :60 second BASE PACE (2% Incline)
- :60 second BASE PACE (4% Incline)
- :30 second PUSH PACE (0% Incline)
- :30 second ALL OUT PACE (0% Incline)
- :60 second BASE PACE (4% Incline)
- :60 second BASE PACE (2% Incline)
- :30 second PUSH PACE (0% Incline)
- :30 second ALL OUT PACE (0% Incline)

➤ Deck of Card Workouts (SEARCH PINTREST FOR LOTS OF OPTIONS ☺):

## 52 Card Pickup Workout

Complete number of reps based on number on card. Refer to list for exercise. Cardio face card reps = 10. Strength face card reps: A = 11; J = 12; Q = 13; K = 14.

### red cards: cardio

diamonds = squat jumps

hearts = plank jacks

diamonds face cards = 10 burpees

hearts face cards = 10 high knees

### black cards: strength

spades = pushups

clubs = triceps dips

spades face cards = lower leg lifts

clubs face cards = v sit ups



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## 52 Pickup

Each suit represents a different exercise.

Card value = number of reps to perform.

(J=11, Q=12, K=13, A=see below, Jokers=1 min rest)

**Shuffle the deck and get moving!**



### push-ups

30 second  
mountain climbers



### hip raises

30 second  
bridge hold



### squat jumps

30 second  
deep squat hold



### burpees

30 second  
plank hold

