

WINTER WORKOUT

Google anything below you don't know.

Warm-up

- Jump Rope- 500
- Move in Stance/Down Blocks 2 minutes without getting out of stance
- Stand-ups – remember arm and leg shoot out diagonally, then immediately pivot on other foot into stance, don't stand straight up. Against a wall would be great. 1 minute each side.

- Jump Rope-500 (no rope, mimic it)

Rotation 1 – (2 times!)

Everything 20 seconds, with only 2-3 seconds in between exercises Drop to knees to keep each rep perfect if you need to.

- Push-ups
- Jump Rope
- Decline Push-ups – feet on chair, butt slightly up
- Jumping Jacks
- Incline Push-ups – hands on bench or couch
- Tri-cep Push-ups
- Jumping Jacks
- Dips – hands on bench or couch, 1 leg raised.

90 second break, then do rotation again.

About 14 minutes so far

Rotation 2 – (2 times)

Everything 20 seconds, with only 2-3 seconds in between exercises

- Bicycle Crunches – get shoulder blades off of floor
- Mountain Climbers
Try to get foot as close to hands as possible
- Toe Touches – Feet straight up,
- V up Mountain Climbers –
- Side Plank Hip lifts Right Side
- Mountain Climbers –
- Side Plank Hip lifts Left Side
- Mountain Climbers –
- Toe Tap Plank
- Turkish Get up Left side,

do Right side during second time through, Find something
10-15 pounds to hold

90 second break, then do rotation again.
24 minutes so far

Rotation 3 – (2 times)

Everything 20 seconds, with only 1-2 seconds in between
exercises, unless stated differently

- Run in place – knees to almost waist
- High Knees – 10 Seconds Knees to belly button
- Burpees
- V-Hand walk out and in – start
with hands in front of feet, walk hands out to a plank, then walk hands
back to a V position. Keep legs straight as possible
- Tuck Jumps -15 seconds – knees to chest
- Squat jumps – touch floor and get air time when you jump
- Hop Overs – jump over something 6-8 inches wide, 3-4 inches high, keep feet together
- As many perfect push-ups as possible

90 second break, do rotation again.
About 32 minutes so far

Rotation 4

-Move in Stance/Down Blocks 2 minutes without getting out
of stance

-Find something to curl 100 times.

A 106lbs should be using something about 25lbs, and a HWT 40
pounds. Yes you will have to take
breaks. Goal is to get it done in 2
minutes and use good form.

-Do something extra not on this list for twice for 45
seconds each.

This workout should be completed in under 40
minutes.

If you have films of your matches, watch them.