

## Pre-Academy Prep Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Warmup</u> 3 sets 100 m jog 5/side <a href="#">90/90 Hip Switch (Improve Hip Health &amp; Mobility) (youtube.com)</a> 10 <a href="#">Glute Bridges (youtube.com)</a></p> <p><u>Strength</u> 3 sets 10 Air Squats <a href="#">The Air Squat (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 3 sets :10 second run :50 second walk :10 second run :50 second walk :10 second run :50 second walk 1 min walk</p> <p><u>Stretch</u> 10 yds. each <a href="#">5EW Exercises: Ostrich Walk (youtube.com)</a> <a href="#">Inchworm (youtube.com)</a> <a href="#">Horse Walk   TTT Exercise Index (youtube.com)</a> <a href="#">Lizard Walking (youtube.com)</a></p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 3 sets 10 PVC or Broomstick Press <a href="#">The Shoulder Press (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 5 minute Every Minute on the Minute (EMOM) 5 <a href="#">The Burpee (youtube.com)</a> Explanation: 5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a></p>	<p><u>Warmup</u> <a href="#">Warm-up With Chris Hinshaw (youtube.com)</a> 10 yds. each</p> <p><u>Strength</u> 3 sets 10 PVC or Broomstick <a href="#">Hip Hinge Progressions (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> Start slow on these and work up. 4 sets <a href="#">How to Properly Run the Pro Agility (5-10-5) (youtube.com)</a> Rest 1 min between sets</p> <p>4 sets <a href="#">Agility T Test (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stretch</u> 5 min walk</p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 3 sets 5-10 <a href="#">HR Push up (youtube.com)</a> Rest 1 min between sets</p> <p><u>Accessory</u> Accumulate 1 minute <a href="#">The Front Leaning Rest (youtube.com)</a></p> <p>20 Minute Walk/Jog Every 4 minutes 10 second run. (Easy to Moderate)</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a> <a href="#">Calf (gastrocnemius) stretch (youtube.com)</a></p>	<p>20-30 minutes Walk outside</p>

## Pre-Academy Prep Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Warmup</u> 3 sets 100 m jog 5/side <a href="#">90/90 Hip Switch (Improve Hip Health &amp; Mobility) (youtube.com)</a> 10 <a href="#">Glute Bridges (youtube.com)</a></p> <p><u>Strength</u> 4 sets 10 Air Squats <a href="#">The Air Squat (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 3 sets :15 second run :45 second walk :15 second run :45 second walk :15 second run :45 second walk 1 min walk</p> <p><u>Stretch</u> 10 yds. each <a href="#">5EW Exercises: Ostrich Walk (youtube.com)</a> <a href="#">Inchworm (youtube.com)</a> <a href="#">Horse Walk   TTT Exercise Index (youtube.com)</a> <a href="#">Lizard Walking (youtube.com)</a></p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 4 sets 10 PVC or Broomstick Press <a href="#">The Shoulder Press (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 6 minute Every Minute on the Minute (EMOM) 5-8 <a href="#">The Burpee (youtube.com)</a> Explanation: 5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a></p>	<p><u>Warmup</u> <a href="#">Warm-up With Chris Hinshaw (youtube.com)</a> 10 yds. each</p> <p><u>Strength</u> 4 sets 10 PVC or Broomstick <a href="#">Hip Hinge Progressions (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 4 sets <a href="#">How to Properly Run the Pro Agility (5-10-5) (youtube.com)</a> Rest 1 min between sets 4 sets <a href="#">Agility T Test (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stretch</u> 5 min walk</p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 4 sets 5-10 <a href="#">HR Push up (youtube.com)</a> Rest 1 min between sets</p> <p><u>Accessory</u> Accumulate 1:30 minute <a href="#">The Front Leaning Rest (youtube.com)</a></p> <p>20 Minute Walk/Jog Every 4 minutes 15 second run. (Easy to Moderate)</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a> <a href="#">Calf (gastrocnemius) stretch (youtube.com)</a></p>	<p>20-30 minutes Walk outside</p>

**Pre-Academy Prep Week 3**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><u>Warmup</u> 3 sets 100 m jog 5/side <a href="#">90/90 Hip Switch (Improve Hip Health &amp; Mobility) (youtube.com)</a> 10 <a href="#">Glute Bridges (youtube.com)</a></p> <p><u>Strength</u> 5 sets 10 Air Squats <a href="#">The Air Squat (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 3 sets :20 second run :40 second walk :20 second run :40 second walk :20 second run :40 second walk 1 min walk</p> <p><u>Stretch</u> 10 yds. each <a href="#">5EW Exercises: Ostrich Walk (youtube.com)</a> <a href="#">Inchworm (youtube.com)</a> <a href="#">Horse Walk   TTT Exercise Index (youtube.com)</a> <a href="#">Lizard Walking (youtube.com)</a></p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 5 sets 10 PVC or Broomstick Press <a href="#">The Shoulder Press (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 7 minute Every Minute on the Minute (EMOM) 5-8 <a href="#">The Burpee (youtube.com)</a> Explanation: 5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a></p>	<p><u>Warmup</u> <a href="#">Warm-up With Chris Hinshaw (youtube.com)</a> 10 yds. each</p> <p><u>Strength</u> 5 sets 10 PVC or Broomstick <a href="#">Hip Hinge Progressions (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 4 sets <a href="#">How to Properly Run the Pro Agility (5-10-5) (youtube.com)</a> Rest 1 min between sets 4 sets <a href="#">Agility T Test (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stretch</u> 5 min walk</p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 5 sets 5-10 <a href="#">HR Push up (youtube.com)</a> Rest 1 min between sets</p> <p><u>Accessory</u> Accumulate 1:45 minute <a href="#">The Front Leaning Rest (youtube.com)</a></p> <p>20 Minute Walk/Jog Every 4 minutes 20 second run. (Easy to Moderate)</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a> <a href="#">Calf (gastrocnemius) stretch (youtube.com)</a></p>	<p>20-30 minutes Walk outside</p>

## Pre-Academy Prep Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Warmup</u> 3 sets 100 m jog 5/side <a href="#">90/90 Hip Switch (Improve Hip Health &amp; Mobility) (youtube.com)</a> 10 <a href="#">Glute Bridges (youtube.com)</a></p> <p><u>Strength</u> 7 sets 10 Air Squats <a href="#">The Air Squat (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 3 sets :30 second run :30 second walk :30 second run :30 second walk :30 second run :30 second walk 1 min walk</p> <p><u>Stretch</u> 10 yds. each <a href="#">5EW Exercises: Ostrich Walk (youtube.com)</a> <a href="#">Inchworm (youtube.com)</a> <a href="#">Horse Walk   TTT Exercise Index (youtube.com)</a> <a href="#">Lizard Walking (youtube.com)</a></p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 7 sets 10 PVC or Broomstick Press <a href="#">The Shoulder Press (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 10 minute Every Minute on the Minute (EMOM) 5-8 <a href="#">The Burpee (youtube.com)</a> Explanation: 5-8 Burpees (YAY BURPEES!) on the minute mark and then rest until the next minute. Then 5-8 more BURPEES until the next minute. ETC. until completion.</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a></p>	<p><u>Warmup</u> <a href="#">Warm-up With Chris Hinshaw (youtube.com)</a> 10 yds. each</p> <p><u>Strength</u> 7 sets 10 PVC or Broomstick <a href="#">Hip Hinge Progressions (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stamina</u> 4 sets <a href="#">How to Properly Run the Pro Agility (5-10-5) (youtube.com)</a> Rest 1 min between sets 4 sets <a href="#">Agility T Test (youtube.com)</a> Rest 1 min between sets</p> <p><u>Stretch</u> 5 min walk</p>	<p><u>Warmup</u> 3 sets 20 <a href="#">How to do Mountain Climbers by Wodstar (youtube.com)</a> 2/side <a href="#">Increase Shoulder Mobility with Shoulder CARs (youtube.com)</a> 10 <a href="#">Wall Slides (youtube.com)</a></p> <p><u>Strength</u> 7 sets 5-10 <a href="#">HR Push up (youtube.com)</a> Rest 1 min between sets</p> <p><u>Accessory</u> Accumulate 2 minute <a href="#">The Front Leaning Rest (youtube.com)</a></p> <p>20 Minute Walk/Jog Every 4 minutes 30 second run. (Easy to Moderate)</p> <p><u>Stretch</u> 1 minute each <a href="#">Stretching Exercises - the tricep stretch (youtube.com)</a> <a href="#">Chest and Biceps Stretch (youtube.com)</a> <a href="#">Calf (gastrocnemius) stretch (youtube.com)</a></p>	<p>20-30 minutes Walk outside</p>