



2020 DIBBLE HOME WORKOUTS

- ★ Any question on a type of workout can Google search the workout and find examples, or can email Coach Norman at rnorman@dibble.k12.ok.us

Monday workout.

Warm-up:

2 sets - 10 body squats, 10 pushups, 10 alternating lunges

Complex 1:

1. Squat - 4 X 10 (use barbell if possible, if not use dumbbells or no weight)
2. Box Jumps - 4 X 10 (find something sturdy to jump on)

Complex 2:

1. Overhead lunges - 4 X 10 (find something weighted to hold over head)
2. Calf raises - 4 X 10 (find something to stand on with your toes holding weight)

Superset 1:

1. Push ups - 5 X 15
2. Sit ups - 5 X 15
3. Burpees - 5 X 15

Running: 6 min run (run for 6 min straight without walking)



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Tuesday workout.

Warm-up:

10 arm circles forward, 10 arm circles backwards, 10 push ups, 10 burpees

Workout: 3 Rounds of the following exercises

- 1st round 10 reps
- 2nd round 8 reps
- 3rd round 6 reps

1. Regular push ups
2. Standing military (straight bar, DBs, or anything you can hold above your head)
3. Tri Extensions (DB, or anything you can hold with 2 hands)
4. Decline push ups
5. Dips (use chair or bench)
6. Incline push ups (use chair or bench)
7. Upright rows (use anything you can hold with 2 hands)
8. Push ups one hand elevated (alternate reps with each hand on something)
9. Skull Crushers (use anything you can hold with 2 hands)
10. Curls (DBs or anything weighted you can hold with 1 hand)
11. Weighted arm circles forward and backwards
12. 1 min plank

Running:

10 X 100yard sprint (equal to about 1 city block)



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Wednesday workout

Warm up:

- 2 rounds - 10 body squats, 10 right leg swings forward, 10 left leg swings forward, 10 right leg swings across body, 10 left leg swings across body, 10 push ups

Workout: **2 Rounds of the following 10 exercises**

- **1st round 10 reps**
 - **2nd round 10 reps**
1. Pull ups
 2. Rocket Jumps
 3. Burpees
 4. Box Jumps
 5. Overhead Squats (find something to hold over your head)
 6. Alternating Lunges
 7. Deadlift (bar, DBs, or something you can pick up)
 8. Standing long jump
 9. Burpees
 10. 1 min Wall sit

Running:

6 min run (run for 6 min straight without walking)



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Thursday workout

Warm up: 2 rounds

10 Burpees, 10 arm circles forward, 10 arm circles backwards, 25 jumping jacks

- ★ This workout is 2 rounds of push up variations and pull up variations followed by sprints.
- ★ You will do complex #1-6 then do 6 sprints, followed by complex #1-6 then 6 sprints.
- ★ For each round pick a number of push ups to do then 75% of that for pull ups (20 push ups - 15 pull ups)
- ★ Try to get those reps for each complex, modify if you have to.

Complex 1:

1. Regular push ups
2. Pull ups

Complex 2:

1. Narrow push up
2. Chin up

Complex 3:

1. Wide grip push up
2. Narrow grip pull up

Complex 4:

1. Decline push up
2. Bent over row (find something you can hold with 2 hands)

Complex 5:

1. Regular push ups
2. Upright rows (find something you can hold with 2 hands)

Complex 6:

1. Clap push ups
2. Lawnmowers

- ★ After you complete all complexes run 6 - 40 yard sprints then go through complexes again.



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Friday Workout.

Warm up:

- 60 sec. Jog, High Knees-10 yards, Butt kicks-10 yards, Side lunges each direction-10 yards, High Knee Carioca each direction-10 yards, Solder Kick-10 yards, Heel Scoops-10 yards

Run Day:

★ 3 rounds, complete all 5 exercises each round.

- 1st round 8 sets
- 2nd round 6 sets
- 3rd round 4 sets

1. 10 yard Shuttle - 5 back, 10 back, (30 sec. rest in between each set).
2. 20 yard Sprint (30 sec. rest in between each set).
3. 15 yard Shuttle - 5 back, 10 back, 15 back (30 sec. rest in between each set).
4. 40 yard Sprint (30 sec. rest in between each set).
5. 100 yard Sprint (30 sec. rest in between each set).