



# 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](mailto: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).