



# Day 10 Home Workout

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“Hard work beats talent when talent doesn’t work hard.” - Tim Notke

Created by Coach Greg Eichler, Gobles Football in Gobles, MI

Thanks to Coach Greg Eichler for sharing this with  
Team Europe



# Basic Guidelines

- Be creative with how you do things. Find items around the house/yard you can use as weight: laundry detergent tubs, buckets filled with heavy items, suitcases, logs, etc.
- We WILL start each workout with a dynamic warm up
- We WILL work the core every other day
- We WILL strength train M/W/F, conditioning/running T/Th
- We WILL work in some agility, change of direction, foot speed on strength days
- Everyday we strength train, we will focus on a few parts of your body.
- Everything here is intended to be complete with minimal or no weight equipment. If you have dumbbells or other things, use them when needed!
- Have fun!

# Dynamic Warm Up/Stretching

These can be done running in place, but it is best if they are done outside in the yard or driveway.

See here: <http://www.youtube.com/watch?v=BjV6EUV7Nd8>

- Jog in place (30 seconds)
- High knees in place (30 seconds)
- Butt kickers in place (30 seconds)
- Lunge and Twist (10 total) →
- Jumping jacks (25 total)
- Arm circles (15 seconds of small, 15 seconds of big)
- <https://www.youtube.com/watch?v=140RTNMciH8> ↘
- Hip rotations (pretend you are stepping over a fence with each leg, one at a time. When one leg goes forward and then backwards, that is 1 rep) (5 reps per leg)
- Bodyweight squats, holding arms straight in front (20 total)
- Stretching
  - Spread legs, down to the middle (10 seconds)
  - Down to the right (10 seconds)
  - Down to the left (10 seconds)
  - Legs together, down to the middle (10 seconds)
  - Flamingo stretch (pull foot back so it almost touches rear end (10 seconds)
  - Sit on the ground, butterfly stretch (10 seconds)
  - Bring your feet closer to your pelvis, do it again (10 seconds)



## Phase 1

# LEGS AND SHOULDERS



# Reverse Lunge w/ High Knee

- 2 Sets w/ each leg
  - 1st set = 20
  - 2nd set = 20
- Nice straight back, shoot your knee high!

<https://www.youtube.com/watch?v=67czSesufKc>

- With platform!

<https://www.youtube.com/watch?v=45oNcfvmlRM>



# Lateral Lunges

- 3 Sets
  - 1st set= 8
  - 2nd set= 8
  - 3rd set = 8
- When you lunge, push your butt out, keep chest up, and maintain a tight core

<https://www.youtube.com/watch?v=gwWv7aPcD88>

Side to side:

<https://www.youtube.com/watch?v=KXoVm0WXcfE>



# Bulgarian Split Squat

- 3 Sets
  - 1st set= 8
  - 2nd set= 8
  - 3rd set= 8

You can use a chair, flat bench, or even a stairwell!

<https://www.youtube.com/watch?v=7Aqeb8UHI4k>



# CHALLENGE SLIDE!

- Do you really want to push yourself today? This is optional for the workout, but here is a burner...
- “Sally” challenge
- Rules are simple, when you hear “sally down” you get into a 90 degree bodyweight squat and hold it, when you hear “sally up”, you stand up.
- If you’re just ready to do a few shoulder exercises, let’s move on...

<https://www.youtube.com/watch?v=koMp3ei4xJw>





# Front Raises

- 3 Sets

- 1st set= 10
- 2nd set= 10
- 3rd set= 10

We have to get creative for this one if you do not have dumbbells. You need an object that is about 15-20 lbs.

Suggestions: bricks, gallon of milk/water, full paint cans, heavy canned goods

<https://www.youtube.com/watch?v=UUGuYz-Vleo>



# Prayer Presses

- 1 set of 1 minute
  - Make sure you extend through the full motion!

<https://www.youtube.com/watch?v=4uFtwpsg-Sw>



# Scissors

- 1 set of 1 minute
  - Keep the arms close and cross them over

<https://www.youtube.com/watch?v=Cilm0WNRdCo>



Phase 2

CORE



# Planks

- 3 Sets
  - 1st set= 1 ½ minutes
  - 2nd set= 1 ½ minutes
  - 3rd set= 1 minute

<https://www.youtube.com/watch?v=aJOB8LwFPY8>



[https://www.youtube.com/watch?time\\_continue=10&v=UXRcpb2kjRc&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=10&v=UXRcpb2kjRc&feature=emb_logo)

[https://www.youtube.com/watch?time\\_continue=11&v=WUk9rd-rl7Y&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=11&v=WUk9rd-rl7Y&feature=emb_logo)

Dinamic planks: <https://www.runtastic.com/blog/it/variazioni-plank/>

# V UPS

- 3 Sets

- 1st set= 10
- 2nd set= 10
- 3rd set= 10

<https://www.youtube.com/watch?v=WAcAMktW7j0>



# Bicycle Crunches

- 2 Sets
  - 1st set= 30 seconds
  - 2nd set= 30 seconds

<https://www.youtube.com/watch?v=1we3bh9uhqY>



## Phase 3

# AGILITY / FOOTSPEED





## You call it...

Choose one of the following two footspeed drills to do as the finisher today. If you followed the previous 4 days, you have worked hard this week. Finish strong today with a great set of footspeed drills.

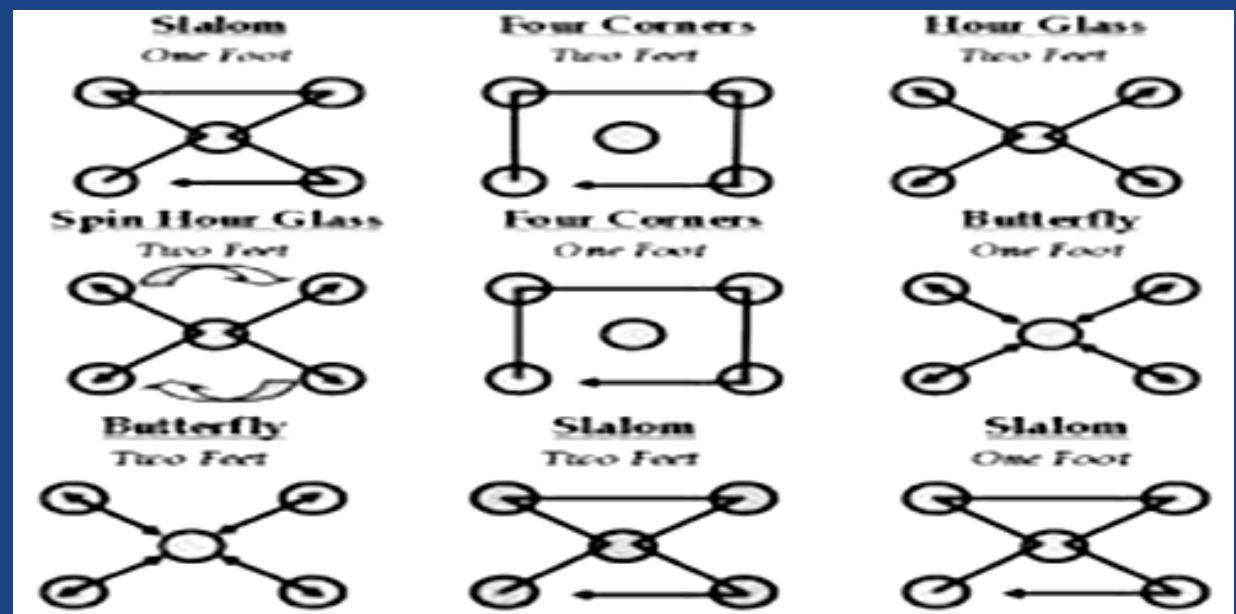
Has your dot drill been lagging? Attack that drill with the goal to get better today!

IF you have a jump rope available, this would be a great day to jump rope for 5 minutes as a nice change of pace.

# Dot Drill

<https://www.youtube.com/watch?v=IMF2Xuelq4M>

- You can draw dots with chalk or mark them in the dirt with a stick. Be creative!!
- Each type of movement should be done SIX times.
- The video covers most of these movements in the chart next to this box
- Key here is quick feet!



# Line Hops

- Put down a piece of tape or draw a line in the ground/dirt that is a few inches wide
- Do each of these for 30 seconds
  - Front to back both feet
  - Front to back right foot
  - Front to back left foot
  - Side to side both feet
  - Side to side right foot
  - Side to side left foot
  - Scissors (see in video)



[https://www.youtube.com/watch?v=Yn\\_eK43hP9E](https://www.youtube.com/watch?v=Yn_eK43hP9E)

GREAT WORK TODAY!!



<https://www.facebook.com/IAAFLTEAMEUROPE/>