



# Day 13 Home Workout

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"Whether you think you can or you think you can't, you're right." - Henry Ford

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

## BIs and BACK



# Towel Curls

- 3 Sets
  - 1st set = 15
  - 2nd set = 12
  - 3rd set = 10
- Add 5-10 lbs after each set.
- If you use a backpack or a bag, just add items to your bag to increase weight.
- Keep elbows in the same spot while doing curls. The guy in the video moves his elbows a bit too much.
- If you don't have something to tie your towel around, tie the towel around your thigh and curl your own leg. No excuses!!

<https://youtu.be/ywwxbKpH3UY>



# Iso Leg Curls

- 3 Sets each arm
  - 1st set= 12
  - 2nd set= 12
  - 3rd set= 12
- Work to isolate your bicep here.
- Let your leg relax and don't use it to help your curling motion.

<https://www.youtube.com/watch?v=8QT78sUYyPc>





# Single Arm Bent Over Row

- 3 Sets (each arm)
  - 1st set= 8
  - 2nd set= 8
  - 3rd set = 8
- Here is where you can get creative with your weighted object.  
I recommend a laundry detergent tub, gallon of water/milk, or a heavy duffel bag.



<https://www.youtube.com/watch?v=roCP6wCXPqo>

# Bent Over Lateral Raises

- 3 Sets (each side)
  - 1st set= 8
  - 2nd set= 8
  - 3rd set= 8
- Do not bounce when you do this
- Use a slow, controlled motion
- Keep a flat back
- Do not use heavy weight!  
Canned goods, big bags of rice, etc. will work fine here



<https://www.youtube.com/watch?v=ttvfGg9d76c>



# Good Mornings

- 3 Sets
  - 1st set= 10
  - 2nd set= 10
  - 3rd set= 10
- PLEASE make sure you use good form here. No arched backs. You can also place hands on the hips.
- Bend slowly at the waist, while keeping the shoulders lined up w/ your hips

[https://www.youtube.com/watch?v=EjI536e\\_leY](https://www.youtube.com/watch?v=EjI536e_leY)



# Pull Ups

- 1 set - to failure
  - Do as many as you can in 1 set!
- Don't have a pull up bar? See some ideas here →

(courtesy of WikiHow)



Phase 2

CORE



# Leg Lifts

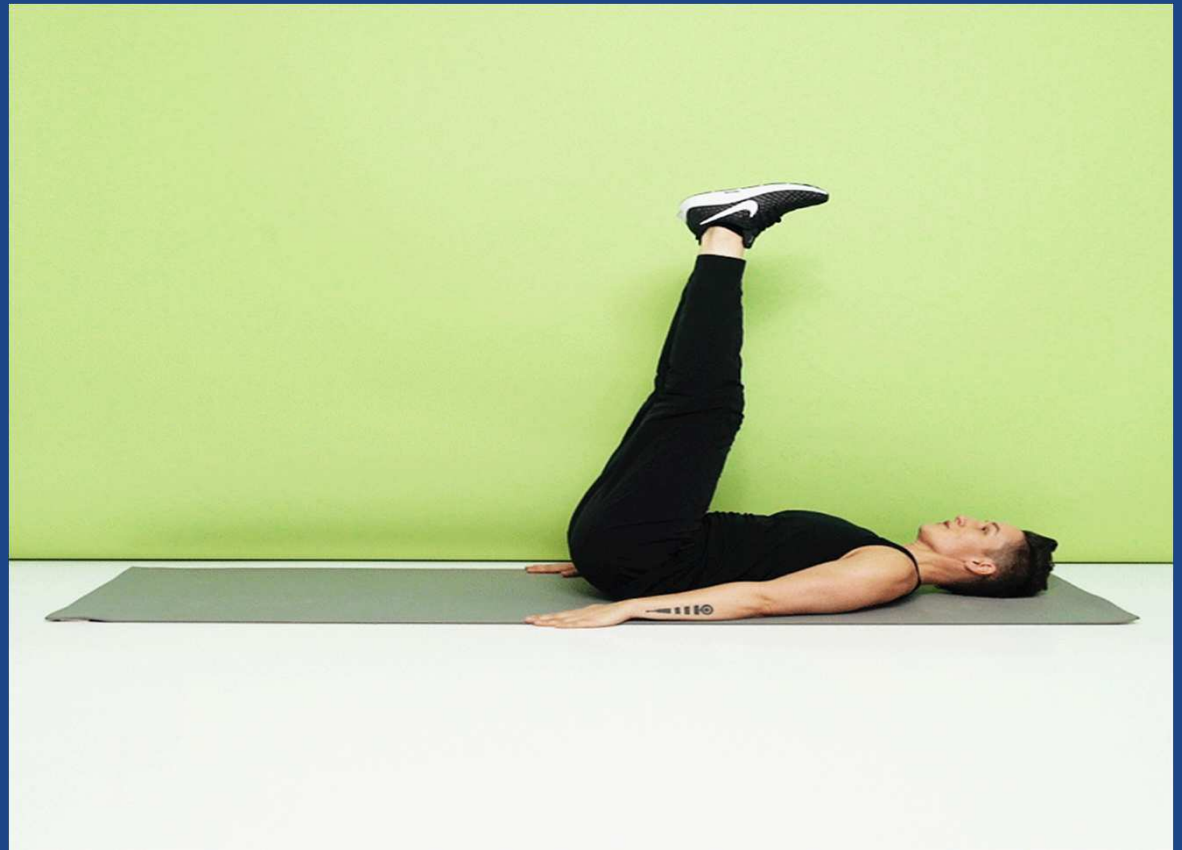
- 3 Sets
  - 1st set= 15
  - 2nd set= 15
  - 3rd set= 15
- Keep legs together and go slow, no need to rush
- If you feel strain on your lower back, don't lower your legs as much

<https://www.youtube.com/watch?v=lktF6euie0o>

<https://www.youtube.com/watch?v=u-yIPDiU4-8>

Leg raises (optional)

<https://www.youtube.com/watch?v=JB2oyawG9KI>



# Russian Twists

- 3 Sets

- 1st set= 30 seconds
- 2nd set= 45 seconds
- 3rd set= 1 minute



<https://www.youtube.com/watch?v=wkD8rjkodUI>

# Side Planks w/ Leg Raises

- 3 sets on each arm
  - 1st set= 15
  - 2nd set= 15
  - 3rd set= 15
- As long as you do each arm, you will do 90 total leg raises for this
- Slow and controlled, notice how shoulders and hips line up



[https://www.youtube.com/watch?v=JupYk\\_YSPJs](https://www.youtube.com/watch?v=JupYk_YSPJs)



# Scissor Kicks

- 1 Set
  - Go for a minute straight. Don't cheat yourself!
- Keep knees slightly bent to take pressure off of the back

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



# Phase 3

## AGILITY / FOOTSPEED



# Step 1: Build Your Own Ladder

- You need one of the following items: duct tape, paint sticks, twigs that are about 1 foot long, or small pieces of wood that are thin and about 1 foot long.
- Here are great DIY ladder instructions:  
<https://www.instructables.com/id/Agility-Ladder-free-and-easy/>
- DO NOT leave and go to the store for this stuff if you do not have it. It is important we continue to practice good social distancing.
- Basically, we need to make a ladder that has 10-12 rungs and is about 15 feet in length. The rungs should be about 1 foot apart. Make it happen!

# Step 2: Ladder Agility Drills!

- The video demonstrates all of the ladder drills
- Complete all of the following (first 15 drills), down and back...

<https://www.youtube.com/watch?v=67XP-AekUoA>

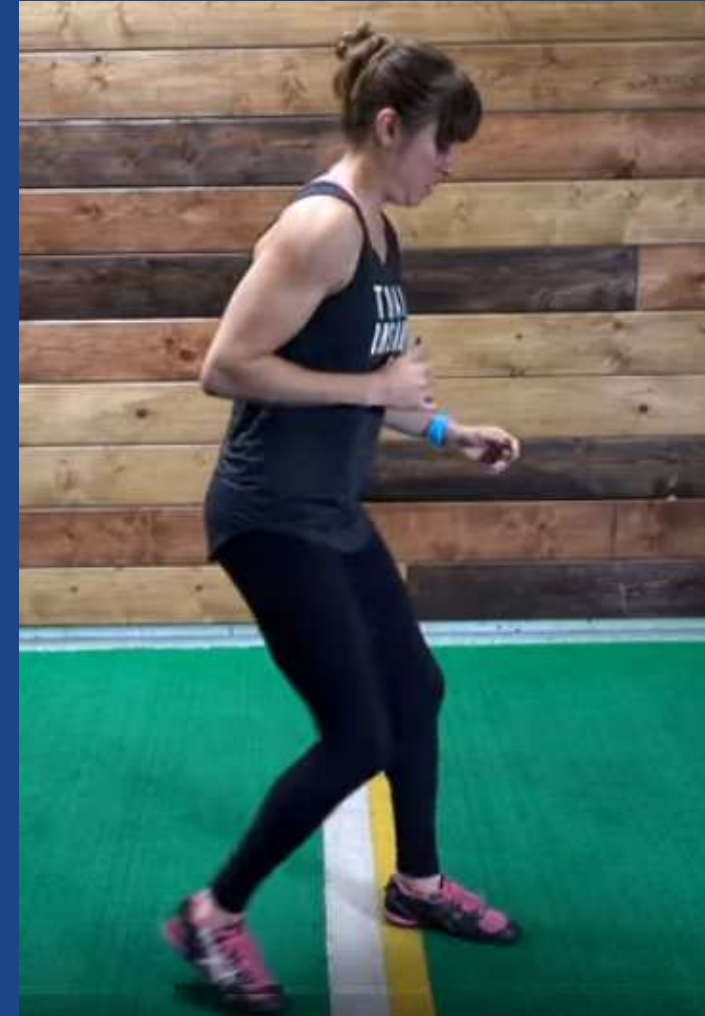
- Two foot run
- Ladder taps
- Lateral single leg hops (left leg down, right leg back)
- Single leg forward hop (left leg down, right leg back)
- Two foot lateral run
- Fight shuffle
- Skiers
- Carioca
- Lateral in and out
- Two foot lateral hops- in and out
- High Knee Run
- Straddle Squat Hops
- Quick hopscotch
- Ali shuffle
- 180 degree rotations



**\*Complete the rest of intermediate and advanced to push yourself!!**

# Line Weaves

- 10 yards down, 10 yards back. Quick feet!
- Starts at about 1:37 in the video



<https://www.youtube.com/watch?v=zc0wqDQ4wPs>



# Line Twists

- 10 yards down, 10 yards back
- This is great for your feet and hips!
- Starts at 2:58 in the video





# In and Outs

- 3 sets of 15 seconds in the same spot
- Starts at 3:15 in the video



GREAT WORK TODAY!!

