



Harrisburg Tigers

Mar 23 - Apr 3

POWER UP
START.PERFORM.FINISH

Harrisburg HS

	Day 1 EXERCISE	Week 1			Week 2		
		Rep	Amt	Wt	Rep	Amt	Wt
A1	Warm Up (Warm up for 10:00 Knee tuck+ quad stretch, Rock rock spin, Hip circles, Knee circles, Walking sweeps, Walking high hip toe touches, Figure 4 stretch, Heal walks, Toe walks, Elbow instep, Step squat Step +RDL, Quick skips, A skip, Lateral quick skips, Lateral A-Skips, Power Skip for Ht, Power Skip for Distance, Broad Jump. 2-1 Broad	10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
A2	(2 Milk Jugs) squats like KB squats (Jump rope for :20 between ea set!! can do on wall. Must do these so your tissue can gradual get back to handling mechanical stress.)	20			20		
		20			20		
		20			20		
		20			20		
		20			20		
B1	Incline Push Ups/Some regular (Knock out 100 total push ups through out the whole day. 10 here 10 there. 25 here 25 there.)	100			100		
		100			100		
		100			100		
		100			100		
B2	Milk Jug Row's 1.5 reps (free hand on coffee table or chair for support.)	20ea			20ea		
		20ea			20ea		
		20ea			20ea		
		20ea			20ea		
C1	Hugging Milk Jug or plate RDL's (Can use DB)	15			15		
		15			15		
		15			15		
C2	Alt Milk Jug Curls (go slow down its light) (not 3 sets just to 100ea)	100ea			100ea		
		100ea			100ea		
		100ea			100ea		
C3	Milk Jug Tricep Ext (laying on back) (not 3 sets just to 50 reps)	50			50		
		50			50		
		50			50		
C4	Calf Raises on stairs (Don't do 3 sets just go to 100 reps. Let heel drop as low as you can.)	100			100		
		100			100		
		100			100		

	Day 2 EXERCISE	Week 1			Week 2		
		Rep	Amt	Wt	Rep	Amt	Wt
A1	Warm Up (Warm up for 10:00 Knee tuck+ quad stretch, Rock rock spin, Hip circles, Knee circles, Walking sweeps, Walking high hip toe touches, Figure 4 stretch, Heal walks, Toe walks, Elbow instep, Step squat Step +RDL, Quick skips, A skip, Lateral quick skips, Lateral A-Skips, Power Skip for Ht, Power Skip for Distance, Broad Jump. 2-1 Broad	10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
A2	Wt'd Back pack reverse lunge (Put canned goods in a old used back pack. Try to get to 50% of your BW in back pack. Half Burpees for :20 between ea set then rest for 90-120	12ea			12ea		
		12ea			12ea		
		12ea			12ea		
		12ea			12ea		
		12ea			12ea		
B1	Push up holds for time (Start from ground chest is 1" above ground. Hold for as long as possible. compete here! Time yourself)						
B2	Wt'd T holds (Lying facedown hold something that is 2.5-5lbs in ea hand)	20			20		
		20			20		
		20			20		
		20			20		
C1	Hip Thrust Holds (Can be wt'd if you have wt. Tuck chin look @ knees)	20			20		
		20			20		
		20			20		
C2	Milk Jug Curls (go slow down) (Curl @ same time. Don't do 3 sets just to 100ea)	100			100		
		100			100		
		100			100		
C3	Back pack tricep extension (both hands on back pack!! just to 50 reps don't do 3 sets.)	50			50		
		50			50		
		50			50		
C4	SL Calf Raises on stairs	50ea			50ea		

	Day 3 EXERCISE	Week 1			Week 2		
		Rep	Amt	Wt	Rep	Amt	Wt
A1	Warm Up (Warm up for 10:00 Knee tuck+ quad stretch, Rock rock spin, Hip circles, Knee circles, Walking sweeps, Walking high hip toe touches, Figure 4 stretch, Heal walks, Toe walks, Elbow instep, Step squat Step +RDL, Quick skips, A skip, Lateral quick skips, Lateral A-Skips, Power Skip for Ht, Power Skip for Distance, Broad Jump. 2-1 Broad	10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
		10			10		
A2	(2 Milk Jugs) squats like KB squats (Jump rope for :20 between ea set!! can do on wall. Must do these so your tissue can gradual get back to handling mechanical stress.)	20			20		
		20			20		
		20			20		
		20			20		
		20			20		
B1	Incline Push Ups/Some regular (Knock out 100 total push ups through out the whole day. 10 here 10 there. 25 here 25 there.)	100			100		
		100			100		
		100			100		
		100			100		
B2	Milk Jug Row's 1.5 reps (free hand on coffee table or chair for support.)	20ea			20ea		
		20ea			20ea		
		20ea			20ea		
		20ea			20ea		
C1	Hugging Milk Jug or plate RDL's (Can use DB/KB/ Go slow here)	15			15		
		15			15		
		15			15		
C2	Alt Milk Jug Curls (go slow down its light) (not 3 sets just to 100ea)	100ea			100ea		
		100ea			100ea		
		100ea			100ea		
C3	Milk Jug Tricep Ext (laying on back) (not 3 sets just to 50 reps)	50			50		
		50			50		
		50			50		
C4	Calf Raises on stairs (Don't do 3 sets just go to 100 reps. Let heel drop as low as you can.)	100			100		
		100			100		
		100			100		