**1.If you have your own workout please continue that workout.**

**2. This workout is voluntary.**

**3. Workout is to be completed M/W/F**

**4. Lower body one day/Upper body the next.**

**5. You will need to have 2 one gallon jugs filled with water.**

**6. Workout should take approximately 45 minutes.**

**7. Any questions please contact Coach Cochran 330.766.4050**

**I. Lower Body 4 sets 10-12 reps**

 **A) Bodyweight squats**

 **B) Pistol or single leg squats**

 **C) Lunge – Forward/Back/Lateral**

 **D) Calf Raises**

 **E) Deadlifts (using one gallon jugs)**

 **F) Step-Ups – Use stairs**

 **G) Wall Sits – 4 x 2 minutes**

 **H) Finisher – 10 minute Stair Climb**

**II. Upper Body 4 Sets 10-12 Reps**

1. **Push ups -Change Hand placement (Wide/Shoulder Width/Close)**
2. **Elevated Push Up – Use a chair or bench**
3. **Regular Push Ups**
4. **Decline Push Ups – Use a chair or bench**
5. **Bench Dips – Use chair or bench**
6. **Using Milk Carton:**

**1. Single arm rows**

**2. Single Arm bicep curls**

**3. Tricep Extensions/Tricep Kickbacks**

**4.Lateral/Front Raises**

**5. Upright Rows**