RIVERS STRENGTH & CONDITIONING
At Home Workout (limited equipment)

DAY 1

DATE:				
Warm-Up				
Agility Ladder	~ 5 minutes			
Plyos & Core				
Squat Jumps *pair with* **Front Plank** **45 sec. - 1' hold on each rep**	3 sets x 6 reps each	2 sets x 3 reps		

Strength								
Super-set 1	Set	Reps	Set	Reps	Set	Reps	Set	Reps
Tension Push Ups	1	10						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx
4" Pause Squats	1	8						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx

Strength								
Super-set 2	Set	Reps	Set	Reps	Set	Reps	Set	Reps
Pike Presses	1	10						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx
Lateral Squat or Lunge w/slide?	1	10 e						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx

Strength								
Super-set 3	Set	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps
Close Grip Push Up off Soccer or Basketball?	1	10						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx
1 Leg Bench Buck	1	10 e						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx

DAY 2

DATE:				
Warm-Up				
Skills	shuffles, high knees, carioca, etc...1 x 10 yds ea.			
Plyos & Core				
Skater Hops *pair with* **Deadbug w/reach**	3 sets x 6 reps each	2 sets x 5 reps each		

Strength								
Super-set 1	Set	Reps	Set	Reps	Set	Reps	Set	Reps
Push Ups	1	15+						
	2							
	3							
	4							
1 Leg Squat to Box or Bench	1	10 e						
	2							
	3							
	4							

Strength								
Super-set 2	Set	Reps	Set	Reps	Set	Reps	Set	Reps
1 Arm Mid Trap Raise from Quadruped	1	15+						
	2							
	3							
	4							
Lunge & Reach	1	10 e						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx

Strength								
Super-set 3	Set	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps
Backward Push Up Walk	1							
	2							
	3							
1 Leg Bridge	1	15+						
	2							
	3							
	4							

DAY 3

DATE:				
Warm-Up				
Agility Ladder	~ 5 minutes			
Plyos & Core				
Split Squat Jumps *pair with* **Side Plank Hold** **15 - 20 sec. hold on each side**	3 sets x 6 reps each	2 sets x 3 reps each side		

Strength								
Super-set 1	Set	Reps	Set	Reps	Set	Reps	Set	Reps
Tempo Push Ups (3, 1, 3)	1	10						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx
Tempo Split Squats (3, 1, 3)	1	10 e						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx

Strength								
Super-set 2	Set	Reps	Set	Reps	Set	Reps	Set	Reps
Plank Walk Up	1	8 e						
	2							
	3							
	4							
1 Leg RDL w/reach	1	8 e						
	2							
	3							
	4							

Strength								
Super-set 3	Set	Reps	Lbs.	Reps	Lbs.	Reps	Lbs.	Reps
Modified Straight Leg Sit Up	1	4 e						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx
1 Leg Hip Thrusts	1	15+						
	2							
	3							
	xx	xx	xx	xx	xx	xx	xx	xx