



Weight Room without Walls

Bodyweight, Gravity and Ground





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Warm-Up Exercises





1) Mini-Band




<p>Forward & Backward Walk</p> 	<p>Side Step Straight legs, both directions</p> 
<p>Carioca Alternate Front & Back, both directions</p> 	<p>Monster Walk Wide stance & hips low, walk forward & backward</p> 

2) Walking Rotations (Medicine Ball/Dumbbell)

<p style="text-align: center;">Wide</p> <p>Big sideways sweep, walk forward & backward</p> 	<p style="text-align: center;">Tight</p> <p>Keep close to body, back pocket to back pocket Walk forward & backward</p> 
<p style="text-align: center;">Over the Top</p> <p>Be tall, lean sideways, walk forward & backward</p> 	<p style="text-align: center;">Figure of 8</p> <p>Forward & backward walk with long arms</p> 



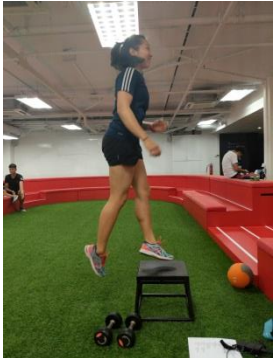

3) Crawling

<p style="text-align: center;">Bear Crawl</p> <p>Forward & backward</p> 	<p style="text-align: center;">Side-Moving Plank</p> <p>Close hands & wide feet (vice versa), both directions</p> 
<p style="text-align: center;">Over-Under (Carioca)</p> <p>Alternate hands front (over) and back (under), both directions</p> 	<p style="text-align: center;">Spiderman</p> <p>Knees to elbow, w/ or w/o push up, forward & backward</p> 

<p style="text-align: center;">Crab</p> <p style="text-align: center;">Push floor away, sit tall, forward & backward</p> 	<p style="text-align: center;">Frog</p> <p style="text-align: center;">Jump forward into a partial squat, repeat explosively</p> 
<p style="text-align: center;">Hot Foot Lizard</p> <p style="text-align: center;">Stationary, quick alternate foot taps</p> 	

Strength Exercises

1) Components of Foundation Leg/Circuit –

<p style="text-align: center;">Squat</p> 	<p style="text-align: center;">Alternating Forward Lunge</p> 
<p style="text-align: center;">Step-Up</p> 	<p style="text-align: center;">Jump Squat</p> 

Work:Rest Ratio – 1:1

Tempo - 1 sec per repetition, full range of motion

Foundation Legs (Single exercise/set)

- 1) Squat
- 2) Lunge
- 3) Step-up
- 4) Jump Squat

Progression -

Little Kids: Fun Variations

9-10s: Up to 8 reps each

11-12s: Build up to 14 reps each

13-14s: Full leg Circuit (20 reps)

Seniors: Full leg Circuit (Up to 5 sets of 20 reps)

Mini-Leg Circuit I

- a) Squat x 3
- b) Lunge x 3 each
- c) Step Up x 3 each
- d) Jump Squat x 3

Mini-Leg Circuit II

- a) OH Squat x 3
- b) Side Lunge x 3 each
- c) Lateral Step-Up x 3 each
- d) Lateral Bound x 3 each

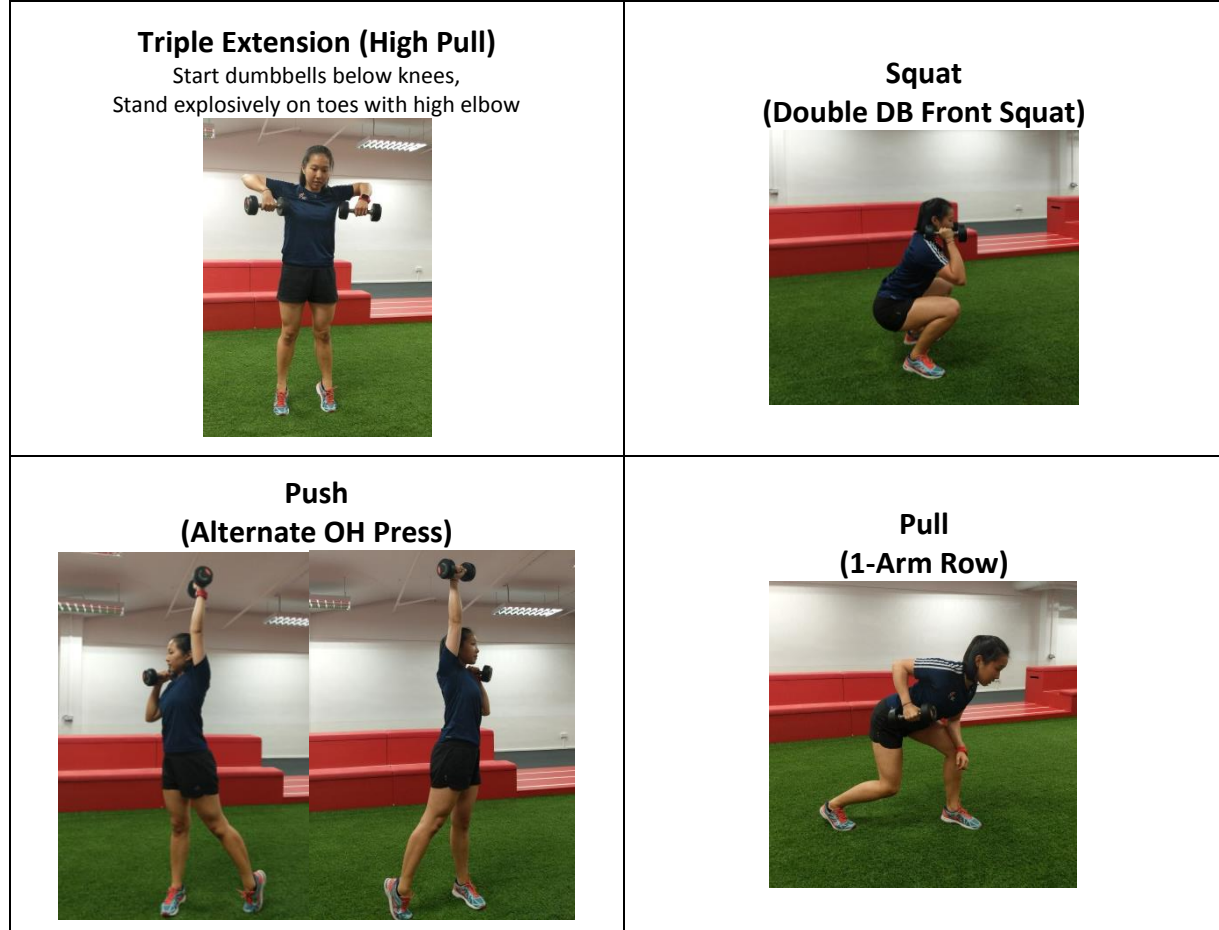
Half Leg Circuit

- a) Squat x 10
- b) Lunge x 10 (5 each)
- c) Step Up x 10 (5 each)
- d) Jump Squat x 5

Full Leg Circuit

- a) Squat x 20
- b) Lunge x 20 (10 each)
- c) Step Up x 20 (10 each)
- d) Jump Squat x 10

2) Components of Dumbbell Complex –



Variation:

- High Pull / Jump Shrug / Snatch / High Pull with Rotation
- Thrusters (Squat to Overhead Press)
- Row

• **Points to consider:**

1. What “shape” is required in your sport? What “shape” can you achieve now?
➔ Work towards bringing both as close as possible to perform better
2. Strength training is coordination training with appropriate resistance