General Conditioning Warm Up

Warm-Up:

Foot Drills:
- Up on Toes
- Up on Toes (Toes pointed inward/Heels pointed outward)
- Up on Toes (Heels pointed inward/Toes pointed outward)
- Inverted Walk (Walk on the arches of your feet)
- Everted Walk (Walk on the outside of your feet)
- Up on Toes (Backwards)
- Heel Walk
- Toe Grab

Joint Mobility:
- Ankle, Knee, Hip, Trunk, Wrist Circles and 4 Way Neck Stretch

Continuous Warm-Up:
1. Jog 100m
2. Side Shuffle 100m
3. Lunge Walk 50m
4. Carioca 100m
5. Carioca Step Over 50m w/ R step over, 50m w/ L step over
6. Skip 100m
7. Backwards Running 50m
8. Walk 50m with Arm Circles. Shoulder Rotations etc.
9. Stride 100m w/ Arm rotations Forward (50m) and Backward (50m)
General Conditioning Workout A

General Conditioning Warm Up

Scramble Circuit:
20 X Push ups 1- Squat Thrust 1 Rocket Jump
10m Sprint
20 X Prisoner Squats 1- Squat Thrust 1 Rocket Jump
10m Sprint
20 X V-Sits 1- Squat Thrust 1 Rocket Jump
10m Sprint
20 X Back Hypers 1- Squat Thrust 1 Rocket Jump
10m Sprint
15 X Clap Push ups 1- Squat Thrust 1 Rocket Jump
10m Sprint
15 X Rocket Jumps Backward Summersault 1 Rocker Jump
10m Sprint
15 X Dips w/ hip thrust Backward Summersault 1 Rocker Jump
10m Sprint
15 X Speed Skate Backward Summersault 1 Rocker Jump
10m Sprint
20 X Windshield Wipers Backward Summersault 1 Rocker Jump
10m Sprint
15 X Back Bend Push ups Backward Summersault 1 Rocker Jump
10m Sprint
20 X Flutter Kicks Backward Summersault 1 Rocker Jump
10m Sprint
10 X 4-Cnts Thrust Backward Summersault 1 Rocker Jump
10m Sprint

General Strength A:
30 second continuous exercise with 20 seconds recovery
Push Ups
Prisoner Squats
V-sits
Back Hypers
Push Ups w/ Claps
Dips
Windshield Wipers
Leg toss
Prone Opposite Arm/ Leg
Crunches
General Conditioning B:

General Conditioning Warm Up

**Dynamic Run:** *20 minutes of continuous running*

Breakdown:
1) 3 minutes @ jog
2) 1 minute @ run
3) 15 seconds @ sprint
- repeat steps 1-3 until you have reached 20 minutes
- Be sure to finish on a jog segment. If you are on a jog segment and 20 min. has been reached, complete the full jog segment.

**Cool Down:**

400m forward skip on the turns and backward skip on the straight-a-way.

**General Strength:**

**Killer Pillar: 30second continuous exercise with 20 seconds recover**

¼ Sit ups
Crunches
Side Hip Thrusts
Skydiver w/ Twist
Straight Leg Crunch
Hip Thrusts
Toe Touches
Leg Toss
General Conditioning C

General Conditioning Warm Up

30 Meter Circuit:
1. Jog 30m
2. Walking Russian Twist Lunge
3. Skip Fwd w/ Arm Swings 30m
4. Trail Leg Circles on Wall X 10 each leg
5. Skip Fwd w/ BWK Arm Swings
6. Ankle Pops 30m
7. A Skip 30m
8. Marching Run 30m
9. BKW A Skip 30m
10. Lateral Squat Walk 15/15m
11. Single Leg Toe Touch 30m
12. Alternate Fast Leg 30m
13. Butt Kicks 30m
14. Leg Swings Lateral & Linear X 10 each
15. Side Slide 30m
16. Backward Run 30m
17. Accelerate 60% 30m
18. Accelerate 70% 30m
19. Accelerate 80% 30m
20. Accelerate 90% 30m

General Strength A:
30 second continuous exercise with 20 seconds recovery
Complete 2x
Push Ups
Prisoner Squats
V-sits
Back Hypers
Push Ups w/ Claps
Dips
Windshield Wipers
Leg toss
Prone Opposite Arm/ Leg
Crunches
**General Conditioning D:**

**General Conditioning Warm Up**

**Cross Fields x 10-**
- jog along the baseline until you reach the corner
- Technical build-up across the field.
- 1 lap is equivalent to 1 repetition.

**General Strength A: Complete 2 Sets**

*30 second continuous exercise with 20 seconds recovery*

- Push Ups
- Prisoner Squats
- V-sits
- Back Hypers
- Push Ups w/ Claps
- Dips
- Windshield Wipers
- Leg toss
- Prone Opposite Arm/ Leg
- Crunches
General Conditioning E:

Warm-Up
10 Prisoner Squats
10 Front Lunges
20 Wide Outs
20 Crunches
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> 3 X 50m Build ups with Skip Return
10 Side Lunges
10 Alt. Side Lunges
10 Kneeling Trail Leg Circles (fwd & bkw)
10 Fire Hydrants
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> 3 X Marching Run with Low Skip and Scoop return
20 Scissor Splits
10 Donkey Kicks
10 Lead and Trail Leg Lifts
20 Lateral Splits
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> 3 X 50m Build Ups with Side Slide Return
10 Single Leg Donkey Kicks
10 Drop Squats
10 Mogul Jumps
20 Ankle Pops
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> 3 X 30m Straight Leg Run with Backwards Skip Return
20 High-Low Bicycle (10 & 10)
10 In Place A Skips
10 Scorpions
10 Push Ups with a Clap
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> 30 X 50m Build Ups with Walk Return

Capture the Flag- Acceleration Style
- Objective: To be in constant motion!
- When you are not chasing someone or being chased, a jog pace is recomended.
- When you are being chased or chasing a sprint/run pace is recommended.
- Those individuals who have been captured in jail should remain in constant motion.
- There is no babysitting of the jail and those individuals who rescue the prisoners get a free run back to their territory.
- Playing time 5 minutes with 5 minutes recovery before replaying.
General Conditioning F

General Conditioning Warm Up

*Monster Circuit-*

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<tr>
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<tr>
<td>Rocket Jumps</td>
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</tbody>
</table>

*2 sets of Monsters with 5 minutes of recovery in between the 1\textsuperscript{st} Monster and 2\textsuperscript{nd} Monster*
General Conditioning Cool Down:

Choose one of the following cool-downs, unless you are using a General Conditioning Workout with a cool-down written with it.

- 800m jog w/ 400m barefoot walk
- 400m forward/ backward skip (forward on the turns and back straight-a-way)
- 400m forward skip w/ 400m barefoot walk
- 400m forward jog on the turns and backwards jog on the straight-a-way

**ALWAYS STATIC STRETCH AFTER A WORKOUT!**