

San Manuel Sea Lions

2018

Dryland Drills

Dryland on you own

3 times a week

Increase by 1 rep or 1 sec each each time (if you can)

keep timed set in increments of 30 sec or less (when going above 31 sec break to 2 rounds of 16 sec)

Stretch after each session - calves, quads, shoulders, hamstrings

Day 1									
Sit Ups 25									
Poo Sniffers 25									
Push Ups 10									
Squats (half Streamline) 10									
Streamline Kicks 20 Sec									
Side Planks 20 sec									
Bird Dogs each side 20 Sec									
Shoulder Blade Stretch 6									
Lunges 25									
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Day 2									
Jumping Jacks 20									
Penguins 10									
ABCs (add a letter each time)									
Planks 20 Sec									
Supermans 20 Sec									
Leg Drops 10									
Chop Chops 20 sec									
Leg lifts (on Back each side) 10									
Jump Reach (mark height) 10									
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Day 3									
Zulus LA→RL, RA→LL, Both 10									
Stride Jumps 10 Pull ups 2									
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V - ups 20 sec									
Line Hops 10									
Jump Rope 20 Whale Waves each side 10									
Calf raises 10	<u> </u>	ļ	ļ	ļ			ļ		
One 15 Min + jog/run each week.									

or Running in place with (6x 75 paces) with 10 Jumping Jacks, Stride Jumps, and Squats after each 75 paces