



8 Week Pre-Season Preparatory Phase 1

<i>For The Week of:</i>										
Exercise Description	1	2	3	4	5	6	7	8	Unit	
General Warm Up										
Rotations										
Squats	30	35	40	45	50	50	50	50	seconds	
Alt. Front Lunges	20	20	30	30	40	40	50	50	seconds	
Fight Stance Squats	20	20	30	30	40	40	50	50	seconds	
Jumping Jacks	30	30	30	45	45	60	60	60	seconds	

Conditioning Workout One									
Circuit One - 3 sets									
1 - 2 Sprawl	20	20	25	25	30	30	30	30	seconds
Walk Over Push Ups	20	20	25	25	30	30	30	30	seconds
Knee Ups	20	20	25	25	30	30	30	30	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Circuit Two - 3 Sets									
Burpees	20	20	25	25	30	30	30	30	seconds
Dive Bombers	20	20	25	25	30	30	30	30	seconds
Bicycle Crunches	20	20	25	25	30	30	30	30	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Drill One - 3 Sets									
Partnered Shooting Drill	20	25	30	35	40	45	50	50	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Drill Two - 3 sets									
Leap Frogs	20	25	30	35	40	45	50	50	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Drill Three - 1 Sets									
Front Neck Curls	45	45	55	55	65	65	75	75	seconds
Back Neck Curls	45	45	55	55	65	65	75	75	seconds
Neck Rotations	45	45	55	55	65	65	75	75	seconds

Conditioning Workout Two									
Circuit One - 3 sets									
2 Leg Side Hops	20	20	25	25	30	30	30	30	seconds
Speed Lunges	20	20	25	25	30	30	30	30	seconds
Sit Ups	20	20	25	25	30	30	30	30	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Circuit Two - 3 Sets									
Left Leg Side Hops	20	20	25	25	30	30	30	30	seconds
Right Leg Side Hops	20	20	25	25	30	30	30	30	seconds
Jump Squats	20	20	25	25	30	30	30	30	seconds
Rest Between Sets	90	90	60	60	45	45	30	30	seconds
Drill One - 3 Sets									
Heavy Bags / Thai Pads	3	3	4	4	4	5	5	5	minutes
Rest Between Sets	90	90	60	60	60	45	45	45	seconds
Drill Two - 3 sets									
Punch Sprints	20	20	25	25	30	30	35	35	seconds
Rest Between Sets	30	30	30	25	25	25	25	25	seconds

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