

# RPS DRYLAND TRAINING

1	Light Jog	~ 5 minutes
2	Jumping Jacks	30
3	Streamline: stand on toes, tighten core muscles while stretching tall	30
4	Standing Flutter Kicks: (opposite arm and leg stretches back)	20
5	Small arm circles: forward + backwards (with thumbs positioned up)	10 each
6	Big arm circles: forward + backwards (with thumbs positioned up)	10 each
7	Arm circles: hands above head, clockwise + counterclockwise	10 each
8	Shoulder shrugs: forwards & backwards + chest forward & back	10 each
9	Chain breakers: lower chest upper stomach height, swing elbows back	10x's (1,2,3)
10	Side Monkey Arms (control speed lowering arms back to side)	30x's, 15 each side
11	Forward & Back Monkey Arms (try not to swing, slow & controlled)	30x's, 15 each side
12	Wing Arms: hold 3 seconds parallel to floor, lower arms slowly	3 sets of 10 both arms
13	Stomach Touch with both fists then rotate shoulders raising fists in air	3 sets of 10 both arms
14	Wall Ball Circles: (forward & back, hold a hand ball in palm against a wall, lean slightly onto the ball, keep elbows straight, shoulder height, Right arm, Left arm, & Both arms)	10 each direction, with each arm
15	Touch Ankles: Feet together, left foot over right foot, then switch feet	Hold 10 seconds
16	Wide feet, touch left shoes, then right shoes, then both	Hold 10 seconds
17	Wide feet, bend waist & touch floor then lift chest up (flat back)	10 slowly
18	Wide feet, arms wide, lean to left & right, stop as arms are back to 90°T	20
19	Wide feet, arms wide, lean & cross arms to opposite side, return to 90°T	20
20	Standing in place, high knee lift while raising on toes of opposite foot	20 each foot
21	Standing in place, lift foot back towards a butt kick until touch ankles	20 each foot
22	Rotating knee lift: Up, Out, & Down, then Out, Up, In, & Down	10 each knee
23	Calf Stretch: Step forward, toes forward, heels on ground, lean back	Hold 10 seconds each calf
24	Heel lifts: find an edge raised off floor a few inches, or angle board	30
25	Butterfly stretch: sit down on floor, knees bent, feet together	2x's (10 seconds)
26	Wide Feet Sitting: Touch Ankles or Toes, switch from right, left & both	Hold 15 seconds each
27	Back Twist Stretch: Sit down, left foot over right knee, twist left, switch	Hold 15 seconds per side
28	Back Stretch: Hips on floor, raise up chest off floor with straight arms	2x's (Hold 15 seconds)
29	Balance Drills: Balance on one foot without holding onto anything for assistance.	3 sets of 10 seconds on each foot
30	Balance Drills: Balance on 1 foot while bringing knee forward & up and then leaning forward while pointing foot straight back and then repeating 5 times before switching legs	3 sets of 5 on each foot
31	Side Leg Lifts: Lift leg to the side increasing height more each lift.	3 sets of 5 each leg
32	One Leg Squats: (use item for balance if necessary) 5 squats per leg, drop down slowly.	3 sets of 5 each leg
33	One Leg Hops: Standing in place, hop on one foot ten times and switch	3 sets of 10 each foot

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## AGILITY & SPEED EXERCISES

1	Giant Step Lunges with chest up dropping knee, return with Backwards Step Lunges	1 lap each ~ 50 Feet
2	Giant Steps with 45° torso twist with chest up & good posture	2 laps ~ 50 Feet
3	High Knee Skips: (try for height not distance)	2 laps ~ 50 Feet
4	Backwards Double Skip (lean forward and be careful not to trip and fall backwards!)	2 laps ~ 50 Feet
5	Forward Skip focusing on distance per skip.	2 laps ~ 50 Feet
6	Side Shuffles (maintain low wide stance parallel to side wall)	2 laps each direction ~ 50 Feet
7	Karaoke, cross-over shuffles with high knee & torso twist	2 each direction
8	Rotating Squats (hold chest up, do not bend back, legs parallel to floor)	2 laps ~ 50 Feet
9	Squat Blast offs to streamline	4 sets of 5
10	Frog Jumps - chest up, knees out, hands on floor, jump high and far	2 laps of jumps
11	Broad Jumps – Feet stay together, swings arms, jump high and far	2 laps of jumps
12	Inch worm walk, Bear Crawl, Crab Crawl, & Spider Crawl	1 lap of each ~ 50 Feet
13	Jumping Jacks.	30
14	Light jogging to Line.	4 laps ~ 50 Feet
15	Backwards jogging (balance & lean forward- try not to fall backwards!!!)	2 laps ~ 50 Feet
16	Faster Build Run (start with a jog building speed each lap)	4 laps ~ 50 Feet
17	Quick Start Blasts with an easy finish into a jog	4 laps ~ 50 Feet
18	Fast Full Running Sprints (if surface & location is safe to do so)	4 laps ~ 50 Feet
19	Recovery Running: Light jogging to Line.	4 laps ~ 50 Feet
20	Stairs (only if available with a handrail for safety)	4 sets ~ 1 story height per set
21	Jump ups on to a box “if sturdy” & back down into quick blast off jump	2 sets of 5 jumps
22	Jump Roping	4 sets of 30 seconds
23	Ladder Chalk Agility Drills: can use chalk if equipment is not available: 1: step 1 foot in each square, then 2 feet, building speed & balance. 2: step feet in & out of squares while stepping out to each side & back in 3. Turn sideways & step in squares moving left & then back to the right	3 sets of each
24	Middle Distance Jogging or Walking while holding a brisk pace	~ 5 – 10 minutes

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## WEIGHTED STRENGTHENING EXERCISES

1	Medicine Ball:(Standing), Raise ball over head slightly forward, lower slowly.	3 sets of 10
2	M.B.:(Standing) Squat down slowly while holding ball close to body, lift quickly.	3 sets of 5
3	M.B.:(Standing) Hold Ball away from body, rotate ball left & right stopping at center pt.	3 sets of 10
4	M.B.:(Standing) Hold Ball near slightly bent knees, quickly lift ball above chest height.	3 sets of 5
5	M.B.: Hold Ball stomach height, toss ball up & down quickly no more than a foot high.	3 sets of 5
6	M.B.:(Standing) High Toss of Medicine Ball into the air from a squat jump. Do not try to catch the ball! Let it fall to the ground.	3 sets of 5
7	M.B.:(lying on back) Chest Press, lower ball slowly, lift ball quickly.	3 sets of 10
8	M.B.:(lying on back) Hold ball above chest, elbows straight, rotate 45° left & right.	3 sets of 10
9	M.B.:(lying on back) Bend knees with feet on floor, lower ball from above head on floor to knees & back again to floor, slowly.	3 sets of 10
10	M.B.:(lying on back) bend knees with feet on floor, with ball resting above head on floor, quickly lift the medicine ball off the ground while sitting up to toss the ball forward into the air. (have a partner help return the ball after landing on ground, not to catch the ball)	3 sets of 5
11	Dumbbells:(Standing) Arms Circles. forward & back, small & big, & up high above head	10 seconds each position
12	Dbs:(Standing) Arms at side, lift to shoulder height & back down slowly.	3 sets of 10
13	Dbs:(Standing) Chain Breakers, 1,2,3 – 1. 1,2,3 – 2. 1,2,3 – 3. etc...	3 sets of 10
13	Dbs: (Standing) while leaning slightly forward, lift dumbbells as wide as possible.	3 sets of 10
13	Dbs:(Standing) Lift dumbbells above head. Left arm, right arm, & both arms.	6 sets of 10
14	Dbs:(Walking) Lunges with dumbbells, walk with chest up while holding good posture.	2 laps ~ 50 feet
15	Dbs:(Squats) while holding dumbbells, Sidestep into Rotating Lateral Squats (hold your chest up and try not to let your back bend, squat down until legs become parallel to floor).	2 laps ~ 50 feet
16	Dbs:(Standing) Box or Bench step-ups with dumbbells (only if a sturdy box is available).	3 sets of 10
17	Stretch Bands: Arm & Shoulder Resistance pulling in opposite directions.	6 sets of 10
18	Stretch Bands: Wide Arm Pull Downs, Wide Arm Lifts, & Cross Body Pulling.	2 set of 10 for each exercise
19	Bow in Front: Up + Down, Bow in Front: In + Out. Bow on Each side: Up + Down.	10 seconds in each position
20	Thick Heavy Rope + Thin Lighter Rope (making waves + twisting snake)	4 sets of 15 seconds per Rope
21	Sled Pull with Rope: Pulling sled ~ 20 feet (any 30-100 lbs weight that can slide will do)	5 times pulling sled ~ 20 Feet
22	Push Sled with Weights: 20 ~ 30 feet (any 30-100 lbs weight that can slide will do)	5 times pushing sled ~ 20 Feet

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## CORE MUSCLE STRENGTH EXERCISES

1	Lying on back, hold Streamline with feet and hands 2 inches off deck	3 sets of 10 seconds
2	Hands above head, lift shoulder to touch hand to opposite foot, (straight knees & elbows)	20x's alternate right & left
3	Lying on back, 1 knee bent, 1 leg straight, raise & lower straight leg to knee height	3 sets of 10, rotate
4	Side lying, toes pointed, knee straight, other bent, raise & lower leg	3 sets of 10, rotate
5	Hip Abduction: lying on your left side, top right leg bent over lower left leg for support, straighten lower left leg, raise lower left leg to ceiling, rotate onto right side & switch legs	3 sets of 10, rotate
6	Laying on Back, Flutter kicking 6 inches off deck with straight knees	3 sets of 10 seconds
7	Bicycle kicking with knees up high, arms crossed on shoulders	3 sets of 10 seconds
8	Figure eights with feet together, up high, hands on floor to stabilize	3 sets of 10 seconds
9	Crunches: middle, left, & right (not sit-ups, just high enough to pick shoulders off deck)	6 sets of 10, alt. sides
10	Lying on stomach, hold a streamline with feet and hands 2 inches off deck	6 sets of 5 seconds
11	Flutter Kick: Straighten arms & legs, SLOWLY lift opposite arm & leg off ground	2 sets of 20
12	Snow angels: On stomach with thumbs up, hold chest and feet off the ground	2 sets of 10
13	Plank on forearms or Plank on hands with straight elbows	3 sets of 10 seconds
14	Plank with twist raising 1 arm straight into air holding for 3 seconds, rotating sides	3 sets of 10
15	Planks, rotating from hands to forearms and back to hands	Rotate 10 times
16	Aqua-man, hold opposite arms and legs straight for 5 seconds, rotate right and left	10 each side
17	Aqua-man, opposite arms and legs, In and Out 5x's, then rotate arms and legs.	3 sets each side
18	Lying on Back: Leg Raises with feet together from Horizontal to Vertical (down slow)	6 set of 5
19	Push-Ups, negatives – Up fast and release down slowly under control	3 sets of 10
20	Pull-Ups: (if available), can use steps under feet for support by slightly lifting with feet.	3 sets of 10
21	Negative Pull-Ups: Lower body from pull-up bar height slowly, (can use steps under feet for support if necessary to bring body back to bar height by lifting with feet)	4 sets of 5
22	Cardio Jogging: Medium Pace Jogging	~ 5 Minutes

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## STRENGTH & ENDURANCE EXERCISES @ THE Y GYM

1	Pulldown Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
2	Seated Row Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
3	Low Row Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
4	Shoulder Press Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
5	Incline Press Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
6	Chest Press Machine: Both Arms, Left Arm, Right Arm, Both Arms: (Full Extension)	2 sets of 40
7	Pulldown 304: Pull Both Arms in front of chest, hold 3 seconds, return to full extension	3 sets of 10
8	Long Pull 302: Pull Both Arms inward to chest, hold 3 seconds, return to full extension	3 sets of 10
9	Calf Raise Machine: Both Feet, Raise & Hold for 5 Seconds, then release.	3 sets of 10
10	Leg Curl Machine: One Leg at a Time from a Kneeling Position.	3 Set of 10, Each Leg
11	Leg Extension Machine: Both Legs, Left Leg, Right Leg, Both. Hold extension 3 seconds.	2 sets of 40
12	Squat Machine: Find correct height; Lower Slowly - Tighten Core - Lift Fast.	3 sets of 10
13	Hack Squat: Lower Slowly - Tighten Core - Lift Fast. (Light Enough to Finish Set)	3 sets of 10
14	Angled Leg Press: Lower Slowly - Tighten Core - Lift Fast. (Light Enough to Finish Set)	3 sets of 10
15	Angled Leg Press: (Calf Raises with Slight Bend in Knee) – Full Calf Extension	3 sets of 10
16	V-Crunch AB103 Machine: Lift Knees to Chest supporting weight with arms	3 sets of 20
17	Upper Body Dip Bench: Lower Upper Torso Slowly, Tighten Core, Straighten Back & Lift	4 sets of 8
18	Angled Sit-Up Bench: Secure Feet & Lean Back; Up Fast – Down Slow	4 sets of 8
19	Leg or Knee Body Weight Lift Bench: Up & Hold 3 Seconds – Down Slow	4 sets of 8
20	Rear Delt / Pec Fly Machine: Work Both Out & In Exercises	3 sets of 10
21	Negative Pull-Ups: Lower body from pull-up bar height slowly, (can use steps under feet for support if necessary to bring body back to bar height by lifting with feet)	4 sets of 5
22	Lat Pulldown Machine: Pull Bar Down even with Shoulders, Release Slowly to full Ext.	3 set of 10
23	Curling Bar Bench: Sit with Curling Bar; Down Slow to Full Extension – Power Curl Up	4 sets of 5
24	Cardio Exercise Machines: Row, Bike, Elliptical, Treadmill, or Stairmaster (Pick 2)	~ 5 Minutes, Each