



\* On M-W-F: Very little rest between sets of lower, upper, core & dynamic. Also, very little rest between set 1-4. Do all Set 1 in order, then 2, 3, 4.

## **BFS at Home Training - WEEK 1**

\* Flex. Should be done everyday - make sure you are warmed up first. 9 hours of sleep a night, lots of water & protein.

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Warm Up</b>	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
<b>Set 1: Lower Body</b>	Parallel Squat - Body Weight - 1 x 25 (Perfect Form)	N/A	Vertical Jump (Goal - high as possible) - 1 x 20	N/A	Parallel Squat - Body Weight - 1 x 25 (Perfect Form)	N/A	N/A
<b>Set 1: Upper Body</b>	Wide Grip Push Ups - 1 x 25	N/A	Diamond Grip Push Ups - 1 x 25	N/A	Wide Grip Push Ups - 1 x 25	N/A	N/A
<b>Set 1: Core</b>	V-ups - 1 x 25	N/A	Front Elbow Plank - 60 Sec.	N/A	V-ups - 1 x 25	N/A	N/A
<b>Set 1: Dynamic</b>	Jump Rope - 2 Ft. - 1 x 100 or Jumping Jacks 1 x 100	N/A	Jump Rope - Rt. Ft. - 1 x 50 & Lt. Ft. - 1x 50 or Jumping Jacks 1 x 100	N/A	Jump Rope - 2 Ft. - 1 x 100 or Jumping Jacks 1 x 100	N/A	N/A
<b>Set 2: Lower Body</b>	Lunge - Body Weight - 1 x 15 each leg	N/A	Vertical Jump (Goal - high & fast off the ground as possible) - 1 x 20	N/A	45 degree - Lateral Lunge - Body Weight - 1 x 15 each leg	N/A	N/A
<b>Set 2: Upper Body</b>	Standard Grip Push Ups - 1 x 25	N/A	Bench Dips - 1 x 50	N/A	Standard Grip Push Ups - 1 x 25	N/A	N/A
<b>Set 2: Core</b>	Side Plank on Elbow - 60 Sec. each side	N/A	Flat on Back - Legs straight - Leg Lifts (no heels on ground) - 1 x 25	N/A	Side Plank on Elbow - 60 Sec. each side	N/A	N/A
<b>Set 2: Dynamic</b>	Jump Rope - Running - 1 x 100 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Boxer - 1 x 100 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Running - 1 x 100 or Mountain Climbers - 1 x 50	N/A	N/A

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Set 3: Lower Body</b>	Parallel Squat - Body Weight - 1 x 25 (Perfect Form)	N/A	Split Leg Vertical Jump (Goal - high as possible - switch stance in air) - 1 x 20	N/A	Parallel Squat - Body Weight - 1 x 25 (Perfect Form)	N/A	N/A
<b>Set 3: Upper Body</b>	Wide Grip Push Ups - 1 x 25	N/A	Diamond Grip Push Ups - 1 x 25	N/A	Wide Grip Push Ups - 1 x 25	N/A	N/A
<b>Set 3: Core</b>	V-ups - 1 x 25	N/A	Front Elbow Plank - 60 Sec.	N/A	V-ups - 1 x 25	N/A	N/A
<b>Set 3: Dynamic</b>	Jump Rope - 2 Ft. - 1 x 100 or Jumping Jacks 1 x 100	N/A	Jump Rope - Rt. Ft. - 1 x 50 & Lt. Ft. - 1x 50 or Jumping Jacks 1 x 100	N/A	Jump Rope - 2 Ft. - 1 x 100 or Jumping Jacks 1 x 100	N/A	N/A
<b>Set 4: Lower Body</b>	Lunge - Body Weight - 1 x 15 each leg	N/A	Split Leg Vertical Jump (Goal - high & fast off the ground as possible - switch stance in air) - 1 x 20	N/A	45 degree - Lateral Lunge - Body Weight - 1 x 15 each leg	N/A	N/A
<b>Set 4: Upper Body</b>	Standard Grip Push Ups - 1 x 25	N/A	Bench Dips - 1 x 50	N/A	Standard Grip Push Ups - 1 x 25	N/A	N/A
<b>Set 4: Core</b>	Side Plank on Elbow - 60 Sec. each side	N/A	Flat on Back - Legs straight - Leg Lifts (no heels on ground) - 1 x 25	N/A	Side Plank on Elbow - 60 Sec. each side	N/A	N/A
<b>Set 4: Dynamic</b>	Jump Rope - Running - 1 x 100 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Boxer - 1 x 100 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Running - 1 x 100 or Mountain Climbers - 1 x 50	N/A	N/A





\* On M-W-F: Very little rest between sets of lower, upper, core & dynamic. Also, very little rest between set 1-4. Do all Set 1 in order, then 2, 3, 4.

## BFS at Home Training - 2 WEEKS

\* Flex. Should be done everyday - make sure you are warmed up first. 9 hours of sleep a night, lots of water & protein.

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Warm Up</b>	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
<b>Set 1: Lower Body</b>	Parallel Squat - Body Weight - 1 x 35 (Perfect Form)	N/A	Vertical Jump (Goal - high as possible) - 1 x 25	N/A	Parallel Squat - Body Weight - 1 x 35 (Perfect Form)	N/A	N/A
<b>Set 1: Upper Body</b>	Wide Grip Push Ups - 1 x 35	N/A	Diamond Grip Push Ups - 1 x 35	N/A	Wide Grip Push Ups - 1 x 35	N/A	N/A
<b>Set 1: Core</b>	V-ups - 1 x 35	N/A	Front Elbow Plank - 90 Sec.	N/A	V-ups - 1 x 35	N/A	N/A
<b>Set 1: Dynamic</b>	Jump Rope - 2 Ft. - 1 x 150 or Jumping Jacks 1 x 150	N/A	Jump Rope - Rt. Ft. - 1 x 100 & Lt. Ft. - 1x 100 or Jumping Jacks 1 x 150	N/A	Jump Rope - 2 Ft. - 1 x 150 or Jumping Jacks 1 x 150	N/A	N/A
<b>Set 2: Lower Body</b>	Lunge - Body Weight - 1 x 20 each leg	N/A	Vertical Jump (Goal - high & fast off the ground as possible) - 1 x 25	N/A	45 degree - Lateral Lunge - Body Weight - 1 x 20 each leg	N/A	N/A
<b>Set 2: Upper Body</b>	Standard Grip Push Ups - 1 x 35	N/A	Bench Dips - 1 x 60	N/A	Standard Grip Push Ups - 1 x 35	N/A	N/A
<b>Set 2: Core</b>	Side Plank on Elbow - 90 Sec. each side	N/A	Flat on Back - Legs straight - Leg Lifts (no heels on ground) - 1 x 35	N/A	Side Plank on Elbow - 90 Sec. each side	N/A	N/A
<b>Set 2: Dynamic</b>	Jump Rope - Running - 1 x 150 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Boxer - 1 x 150 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Running - 1 x 150 or Mountain Climbers - 1 x 50	N/A	N/A

<b>Workout</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Set 3: Lower Body</b>	Parallel Squat - Body Weight - 1 x 35 (Perfect Form)	N/A	Split Leg Vertical Jump (Goal - high as possible - switch stance in air) - 1 x 25	N/A	Parallel Squat - Body Weight - 1 x 35 (Perfect Form)	N/A	N/A
<b>Set 3: Upper Body</b>	Wide Grip Push Ups - 1 x 35	N/A	Diamond Grip Push Ups - 1 x 35	N/A	Wide Grip Push Ups - 1 x 35	N/A	N/A
<b>Set 3: Core</b>	V-ups - 1 x 35	N/A	Front Elbow Plank - 90 Sec.	N/A	V-ups - 1 x 35	N/A	N/A
<b>Set 3: Dynamic</b>	Jump Rope - 2 Ft. - 1 x 150 or Jumping Jacks 1 x 150	N/A	Jump Rope - Rt. Ft. - 1 x 100 & Lt. Ft. - 1x 100 or Jumping Jacks 1 x 150	N/A	Jump Rope - 2 Ft. - 1 x 150 or Jumping Jacks 1 x 150	N/A	N/A
<b>Set 4: Lower Body</b>	Lunge - Body Weight - 1 x 20 each leg	N/A	Split Leg Vertical Jump (Goal - high & fast off the ground as possible - switch stance in air) - 1 x 25	N/A	45 degree - Lateral Lunge - Body Weight - 1 x 20 each leg	N/A	N/A
<b>Set 4: Upper Body</b>	Standard Grip Push Ups - 1 x 35	N/A	Bench Dips - 1 x 60	N/A	Standard Grip Push Ups - 1 x 35	N/A	N/A
<b>Set 4: Core</b>	Side Plank on Elbow - 90 Sec. each side	N/A	Flat on Back - Legs straight - Leg Lifts (no heels on ground) - 1 x 35	N/A	Side Plank on Elbow - 90 Sec. each side	N/A	N/A
<b>Set 4: Dynamic</b>	Jump Rope - Running - 1 x 150 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Boxer - 1 x 150 or Mountain Climbers - 1 x 50	N/A	Jump Rope - Running - 1 x 150 or Mountain Climbers - 1 x 50	N/A	N/A

