



# TRAINING @ HOME

## GENERAL INFO

POWERED BY **BIOSTEEL**

### EDUCATIONAL VIDEOS

- How to Read the Workout (Ages 8-12)
- How to Read the Workout (Ages 13+)
- Introduction to Tempos (time under tension)
- Emphasis on Technique and Quality

### MINI BAND SERIES (HIP ACTIVATION)

Exercise	Sets	Reps	Notes
Linear Band Walk	1-3	10RL	
Backward Band Walk	1-3	10RL	
Lateral Band Walk	1-3	10RL	
Staggered Lat Band Walk 1	1-3	10RL	front foot
Staggered Lat Band Walk 2	1-3	10RL	rear foot

### ADVANCED SPEED PROGRESSIONS

- Icky Shuffle to 3 Cone V Shuffle
- Crossover to 3 Cone Crossover
- Lateral S.L. In/Out to 2 Cone Shuffle

### FULL DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Back Jog w/ Arm Swing	1	10 yds.	
High Knees	1	10 yds.	
Cherry Picker	1	10 yds.	
A Skip	1	10 yds.	
Backward Knee Flare	1	10 yds.	
Shuffle w/ Arm Swing	1	10 yds.	both sides
Carioca High Step	1	10 yds.	both sides
Linear Lunge w/ Reach	1	5RL	both legs
Ankle Grab Quad Stretch	1	5RL	both legs
Figure 4 w/ Pull	1	5RL	both legs
Calf Sweep w/ Arm Circle	1	5RL	both legs
Hamstring T's	1	5RL	both legs
Lateral Shift Lunge	1	5RL	both legs
Instructional Demo Video Kid Version			

### SUPPLEMENTAL VIDEOS

#### EXERCISE MODIFICATIONS

- Backpack Squat
- Backpack Split Squat
- Backpack RFE Split Squat
- Backpack Split Squat (front loaded)
- Backpack Alternate Reverse Lunge
- Backpack Walking Lunge
- Backpack Reverse Lunge (front loaded)
- Backpack Lateral Lunge
- Backpack RDL
- Towel Hamstring Curl
- Backpack Single Leg RDL
- Single Leg Towel Hamstring Curl

#### EXERCISE REGRESSIONS

- |                      |   |                             |
|----------------------|---|-----------------------------|
| Landmine Front Squat | ➔ | DB Goblet Squat             |
| DB Goblet Squat      | ➔ | Supported Body Weight Squat |
| DB Split Squat       | ➔ | Supported Split Squat       |
| Push Up              | ➔ | Incline Push Up             |
| Chin Up              | ➔ | Band Assisted Chin Up       |
| Front Plank          | ➔ | Incline Front Plank         |
| Side Plank           | ➔ | Incline Side Plank          |



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AGES  
**13-14**

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## DAY 1: STRENGTH + CONDITIONING

### DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

### ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	3.0.0
A2) High Plank w/ Tap	2	10	
A3) Base Pogos	2	10 sec.	

### PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Squat Jump to Broad Jump	5	5	
B2) Falling Start to Sprint	5	10 yds.	rest 45 sec.

### STRENGTH

Exercise	Sets	Reps	Notes
C1) Goblet Squat	4	12	3.0.0
C2) Push Up	4	12	3.0.0
C3) Low Plank	4	30 sec.	rest 1 min.
D1) DB Walking Lunge	4	12RL	
D2) Pull Up	4	30 sec.	
D3) Star Plank	4	30 sec.	rest 1 min.

### CONDITIONING

15 sec. moderate effort (bike/run) + 45 sec. active rest (10x)

Active Rest Options: stick handle, walk or easy spin on bike

## DAY 2: MOVEMENT (LINEAR FOCUSED)

### DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

### ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	3.0.0
A2) Plea Squat	2	10	3.0.0
A3) High Pogos	2	10	

### PLYO

Exercise	Sets	Reps	Notes
B1) Drop Split Jump	3	5RL	rest 30 sec.
B2) Drop Lunge Jump	3	5RL	rest 30 sec.

### LADDER

Exercise	Sets	Reps	Notes
C1) Icky Shuffle to Sprint	5	1	rest 30 sec.
C2) Lin. S.L. In/Out Sprint	5	1RL	rest 30 sec.

### MOVEMENT SKILLS (LINEAR FOCUSED)

Exercise	Sets	Reps	Notes
D1) S.L. Acceleration	4	5RL	
D2) Acceleration March	4	10 sec.	
D3) Acceleration Singles	4	5RL	rest 1 min.
E1) High Plank Sprint	5	1RL	rest 30 sec.
E2) Split Stance Drop Sprint	5	1RL	rest 30 sec.

## DAY 3: STRENGTH + CONDITIONING

### DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

### ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	3.0.0
A2) High Plank w/ Tap	2	10	
A3) Lateral Base Pogos	2	10 sec.	

### PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Skater Jumps	5	5RL	
B2) Shuffle to Sprint	5	10 yds.	rest 45 sec.

### STRENGTH

Exercise	Sets	Reps	Notes
C1) Split Squat	4	12RL	3.0.0
C2) Close Grip Push Up	4	10	3.0.0
C3) Side Plank	4	30 sec.	rest 1 min.
D1) Pull Up	4	5-10	
D2) Hamstring Curl	4	15	towel on floor
D3) High Plank Pike	4	15	rest 1 min.
E1) ISO RFE Split Squat	3	1 min. RL	body weight
E2) ISO Push Up	3	30 sec.	
E3) ISO 80 Towel Row	3	30 sec.	rest 1 min.

### CONDITIONING

10 yd. sprint + 5 yd. back pedal, 45 sec. active rest (10x)

Active Rest Options: stick handle, walk or easy spin on bike



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## DAY 4: MOVEMENT (LATERAL FOCUSED)

### DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

### ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	3.0.0
A2) Plea Squat	2	10	3.0.0
A3) High Pogos	2	10	

### PLYO

Exercise	Sets	Reps	Notes
B1) S.L. Lat. Hurdle Hop	3	5RL	
B2) S.L. Med. Hurdle Hop	3	5RL	rest 1 min.

### LADDER

Exercise	Sets	Reps	Notes
C1) Lateral Skier to Sprint	5	1	rest 30 sec.
C2) Lat. S.L. In/Out Sprint	5	1RL	rest 30 sec.

### MOVEMENT SKILLS (LATERAL FOCUSED)

Exercise	Sets	Reps	Notes
D1) Acceleration March	4	10 sec.	
D2) S.L. Shuffle Accel.	4	5RL	
D3) S.L. Crossover Accel.	4	5RL	rest 1 min.
E1) Split Lateral Sprint	5	1RL	rest 30 sec.
E2) Pro Agility Shuffle	5	1RL	rest 30 sec.

## DAY 5: STRENGTH + CONDITIONING

### DYNAMIC WARM UP

Exercise	Sets	Reps	Notes
Full Dynamic Warm Up	1	10 yds.	5-10 min.

### ACTIVATION

Exercise	Sets	Reps	Notes
A1) Curtsy Squat	2	10RL	3.0.0
A2) High Plank w/ Tap	2	10	
A3) Base Rotations	2	10 sec.	

### PLYO/SPRINT

Exercise	Sets	Reps	Notes
B1) Squat Jump to Broad Jump	4	5	
B2) Falling Start to Sprint	4	10 yds.	rest 45 sec.

### STRENGTH

Exercise	Sets	Reps	Notes
C1) Goblet Squat	4	12	3.0.0
C2) Push Up	4	12	3.0.0
C3) Front Plank w/ Reach	4	10RL	rest 1 min.
D1) Piston Squat	4	12RL	body weight
D2) ISO BO Towel Row	4	30 sec.	
D3) S.L. Glute Bridge	4	12RL	rest 1 min.
E1) DB Walking Lunge	3	12RL	
E2) Mod. OH Push Up	3	10	
E3) Bird Dog	3	10RL	rest 1 min.

### CONDITIONING

15 sec moderate effort (bike/run) + 45 sec active rest (10x)  
Active Rest Options: stick handle, walk or easy spin on bike



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