

WindCheck Off-Season Workout

Exercise	Target	Monday	Wednesday	Friday	Monday	Wednesday	Friday
Ball Squats	10 reps x 3 sets						
Exercise Ball Crunch	20 reps x 3 sets						
Prone Iso Abs	2 reps						
Dumbbell Chest Press on Exercise Ball	8 reps x 3 sets						
Push Ups	10 reps						
Bicep Curls	8 reps x 3 sets						
Tricep Extensions on Exercise Ball	8 reps x 3 sets						
Exercise Ball Dumbbell Row	10 reps x 2 sets						
Star Jumps	10 reps						
Cool Down and Stretch	2 mins						

Ball Squats	With your hands behind your back, hold the exercise ball at the base of your tailbone. Keeping the ball in this position, lean back onto a wall so you're leaning on the ball and the ball is leaning on the wall. Place your feet shoulder width apart, toes pointing forward. Using the ball as support, squat down until your knees bend to 90 degrees. As you squat down, keep your back straight and the ball will roll up your back. Hold the max down position for 1 second then push back upward to the standing position. As you squat down, keep your back straight and the ball will roll up your back. If you bend over too much, the ball will fall. If you want to make this exercise more challenging, perform the squats holding a 5 lb. dumbbell in each hand.
Exercise Ball Crunch	Lie facing upwards on your exercise ball with the ball positioned under your lower back. Bend your knees at a 90-degree angle with feet flat on the floor, shoulder width apart and pointing straight ahead. Allow your back to extend over the curve of the ball. Cross your arms over your chest and slowly crunch your upper body forward. Concentrate on doing this slowly, first raising your shoulder blades off the ball. Once you reach the full upright position, slowly lower your upper body back down over the ball. These crunches should not be performed for speed, but rather for form.
Prone Iso Abs	Lie on your foam mat, face down on the floor with your feet together and forearms on the ground. Lift your entire body off the ground using only your toes and forearms to balance yourself. Your body should be a straight line (like a board) from head to toe. Hold this position as long as you can without breaking form. Over the course of a few weeks, you should be able to increase the amount of time you can hold this position.
Dumbbell Chest Press on Exercise Ball	Lie facing upward on your exercise ball, with the ball placed between your shoulder blades. Place your feet shoulder width apart, toes pointing straight forward. Hold a 10 or 15 lb. dumbbell in each hand at chest level with your elbows flexed (bent). Press both dumbbells straight up and together above your head. Hold for 1 second then slowly return the dumbbells to the starting position. If a 10 or 15 lb. dumbbell is too heavy, start with 5 lb. and work your way up to more weight.
Push Ups	Your feet should always be together, only using your tiptoes for support over the ground. Keep hands flat and shoulder width apart. Your back should always remain as straight as a board with your head looking straight down at the space between your hands on the ground. Do not arch your back or bend your knees. Complete 1 set of 10 pushups. If you cannot complete 10 full reps, do as many as you can, working your way up to 10. If you can't complete one push-up with correct form, a simple regression is to go off your knees instead of toes.
Bicep Curls	Starting with a 5 or 10 lb. dumbbell, stand with feet shoulder width apart. Hold the dumbbells at your side with the palm of your hand facing forward. Curl both dumbbells up to your chest, hold for 1 second then slowly return to the starting position.
Tricep Extensions on Exercise Ball	Lie facing upward on your exercise ball with the ball placed between your shoulder blades. Place your feet shoulder width apart, toes pointing straight forward. Hold 5 lb. dumbbells in each hand with the elbows in line with the shoulders arms straight over your chest. Flex (bend) your elbows to a 90-degree angle, hold for 1 second, then return to the starting position.
Exercise Ball Dumbbell Row	Lie face down on your exercise ball with the ball placed under your abdomen. Keep your feet pointed down and legs completely straight. Hold a 5 lb. dumbbell in each hand and extend your arms in front of you (you should be looking down at your dumbbells). Flex (bend) your elbows, bringing the dumbbells towards your armpits until your thumbs are level with your shoulders. You should feel your shoulder blades retracting or pressing down. Return to the starting position.
Star Jumps	Start in a low squat position with your arms tucked in at your sides. In one explosive, quick movement, jump as high as you can, extending your arms above your head. Return to the starting position. You should be putting everything you have left into each jump