

THE DIFFERENCE AT-HOME

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OVERVIEW & PURPOSE

Eliminate “Distractors,” Move Forward Every Day.

Distractors are things that disengage the mind that leads to us going off course; these are things we will talk about a lot this season and how we can acknowledge them and then are more able to process, avoid or respond accordingly. Things such as binge watch Netflix or Disney+ and play video games, although more appealing now that we’re all home, can be a huge distraction when there are more beneficial things we can be doing. We are still IN SEASON. The coaching staff is not saying, “DO NOT” do this or do that, but we expect and hope you are willing to prioritize, before you get to them. Earn them. Let’s *give* ourselves the time to do those things - we know we probably will, and that's OK ! But we need to put in the work beforehand.

Let’s use this time to build a strong routine for ourselves. Get in the habit of incorporating these into your daily routine:

1. Wake Up 10 Min Earlier
2. Start your day every morning by making your bed. [Watch.](#)
3. 25 Pushups (3x a day) - Might As Well Start Now
4. Eat A Balanced Breakfast
5. School First Mentality - Do What You Have To Do and More If You Can
6. Watch Game Film
7. Take A Couple Mental Breaks (1 hour work - 10 min break, 2hr work, 30 min break)
- 8. Break A Sweat.**
- 9. Do One Thing Every Day That Makes You Uncomfortable** (Be Smart, Within Reason) ie. Push Yourself During a Workout, Do YOGA With Your Sister, Talk With Your Little Siblings/Relatives, Send A Call to Grandma/Grandpa And Say You Love Them. *A call goes a long way, and often is passed up because it’s not cool. Who cares?*

ACTIVITIES

- [Northwestern University Mobility Program](#) (Click)
- [YOGA](#) (Click Here For A Great Yoga Video)
- **The following pages each contain at least 1 workout you can do at home this break.**

Have A Resistance Band?

Target your glutes, hamstrings, quads, and entire lower body with these 8 resistance band exercises for legs. This workout should take you between 20 and 30 minutes depending on the speed with which you complete each exercise. You can get a pack of 4 resistance loop bands, with varying resistances, **for under \$10 on Amazon**.

Instructions: Perform 12 repetitions of each resistance band strength exercise, followed by 30 seconds of a plyometric or burn out exercise. Repeat all eight exercises x 4 sets, alternating sides as needed.

1. Staggered Squat + Rear Leg Lift – 12 reps {alternate sides each set}
2. Side Tap + Squat Jump – 30 seconds {alternate sides each set}
3. Lateral Banded Walks – 12 reps
4. Wide/Narrow Baby Squat Jumps – 30 seconds
5. Quad Extensions – 12 reps
6. 2 Pulse Squat + Quarter Turns – 30 seconds
7. Glute Bridge + Band Open – 12 reps
8. Glute Bridge Open Pulses – 30 seconds
9. **Here's the visual to the ^ above exercises:**

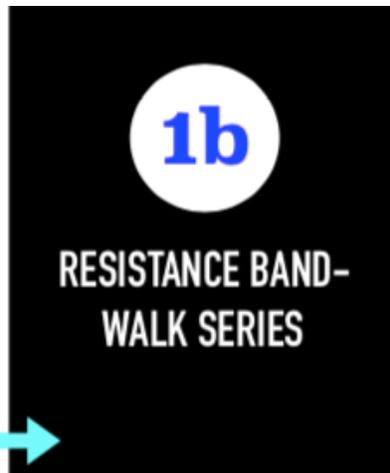
<https://www.nourishmovelove.com/wp-content/uploads/2019/03/ResistanceBandExtraLongPin2.jpg>

10. Here are three more exercises you can do in a row for a circuit:



STATION ONE A

Plank and alternate tapping your toes, keeping your back straight. The next :45, back on the floor, knees up, one heel flat on the floor the other leg in the air - DRIVE your planted foot "through the floor to explode hips up. Hold two seconds at peak of hip drive, perform three on one leg, then alternate accordingly for :45



STATION ONE B

Resistance band around your ankles, keeping your stance slightly further than shoulder-width apart and keeping the band tight the entire time - shuffle step by step laterally to one side of the court and back. Then, do the same on your tip-toes, and heels.



STATION THREE C

Band around ankle, laying on the ground back up, kick your leg back and towards the ceiling until your hip barely comes off the ground. Perform 5 "kicks" per leg, alternating for the first series of :45. Next, stomach up on your back, band stays on ankles

The "Quick, But Tough" Workout

Warmup: Six exercises, complete 2x

1. 20 Pushups (girls 10) 2. 30 squats 3. 30 Jumping Jacks
4. 50 Russian Twists
5. 15 Burpee's (No pushup, but plank out into pushup position at bottom)
6. 1:30 Plank (Finisher)

2 min BREAK

MAKE SURE TO DRINK WATER. TIP: 1-2 SIPS DURING WORKOUT IF YOU NEED, 5-6 SIPS DURING A BREAK. NEXT UP:

PHASE 1 - Leg Strength

1. Lunge Jumps (20)
2. Lunges 10 forward, 10 backward with weight. Record Weight used: _____ lbs
3. Weighted Single leg squats (10/leg), hands at sides with weights Record Weight used: _____ lbs
4. Single Leg jumps 30 left to right-30 forward and back, repeat 4x (switch legs)

(go light-weight to maximize your stability when jumping) imagine or use any line on floor, L+R side to side, L+R front of back; 4 sets total)

5. Lunge Hold - each leg 45 sec. (Superset: INCHWORM stretch to the 'net and back' distance)

PHASE 2: EVALUATION

Pushups (MAX, 1 min): _____ - (How many can you do in 1 sitting)

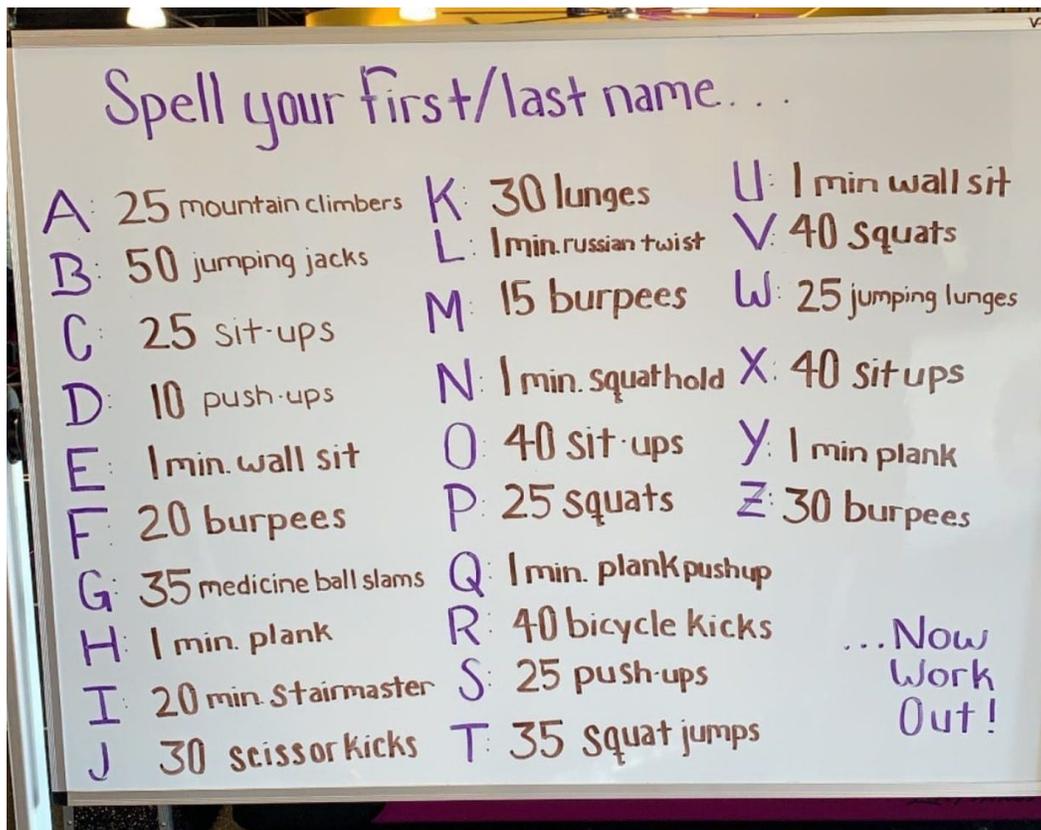
Plank (MAX) _____ - (How long can you go?) Burpees (MAX, 45 sec.):
_____ (How many can you do?)

Mountain Climbers (1 min): Must Finish,

Circle Level of Difficulty of Mountain Climbers in 2 min, 5 being 'Very Difficult' 12345

Squat Jumps (45 sec.): Must Finish, how many can you do? _____

Crushed it.



3 x THROUGH YOUR FULL NAME

If you do not have equipment: Substitute "G" Med ball slams, for Tuck Jumps, Lunge Jumps, Yoga Planks (You know these), etc.