



Middle School Rainy Day Workouts

Workout 1

Warm Up:

- High Knee Grab
- Inverted Ankle Grab
- High Kicks
- Lunge Walk

Circuit 1: (All Exercises 20 yards)

- High Knees
- Skip for Height
- Skip for Distance
- Skip for Speed
- Straight Leg Run
- Fast Feet
- Shuffle
- Carioca
- Scissor Run

Circuit 2: (All Exercises 20 yards)

- Broad Jumps
- One Knee Start Sprint
- Push Up Start Sprint
- Roll Over Start Sprint
- Falling Start Sprint
- 2 Pt Start Sprint
- 3 Pt Start Sprint

Circuit 3: (All Exercises Stationary)

- Crunches x 10
- Leg Raises x 10
- Straight Leg Crunch x 10
- Knee Tucks x 10
- Flutter Kicks x 30 sec
- Hypers x 10
- Leg Raise Hold x 30 sec

Workout 2

Warm Up:

- Quad Stretch
- High Kicks
- Shuffle
- 2 pt Sprint

Circuit 1: (All Exercises Stationary)

- Squats x 10
- Good Mornings x 10
- High Knees x 20 sec
- Tuck Jumps x 10
- Split Squats x 10
- Ankle Hops x 20 sec
- Forward Lunges x 10
- RDL x 10
- Squat Jump x 20 sec
- Crunches x 10
- Leg Raises x 10
- Flutter Kicks x 20 sec

Circuit 2: (All Exercises Relay Style)

- 2 Pt Sprint down, 3 push ups, sprint back
- Shuffle down, 3 sit ups, shuffle back
- Straight Leg Run down, 3 Rocket Jumps, Straight Leg Run back
- Bear Crawl down, 5 Squats, Bear Crawl back
- Carioca Down, 10 hops, Carioca back
- Agility Rings (Sprint down and back)
 - o 2 Foot Hop
 - o 1 Foot High Knees
 - o Side Hops
 - o Side High Knees

Workout 3

Warm Up:

- High Knee Grab
- High Kicks
- Lunge Walk
- Skip for Height

Circuit 1: (Timed Workout)

- Squats x 20 sec
- Good Mornings x 20 sec
- Crunches x 20 sec
- High Knees x 20 sec

- Split Squats x 15 sec/leg
- Push Ups x 30 sec
- Knee Tucks x 30 sec
- Single Leg Hops x 15 sec/leg

- Forward Lunges x 20 sec
- Reverse Lunges x 20 sec
- Leg Raises x 20 sec
- Fast Feet x 20 sec

- Straight Leg Crunch x 20 sec
- Torso Twist x 20 sec
- Flutter Kicks x 20 sec
- Leg Raise Hold x 20 sec

Circuit 2: (All Exercises Relay Style)

- 2 Pt Sprint down, 3 push ups, sprint back
- Shuffle down, 3 sit ups, shuffle back
- Straight Leg Run down, 3 Rocket Jumps, Straight Leg Run back
- Bear Crawl down, 5 Squats, Bear Crawl back
- Carioca Down, 10 hops, Carioca back
- Agility Rings (Sprint down and back)
 - o 2 Foot Hop
 - o 1 Foot High Knees
 - o Side Hops
 - o Side High Knees

Workout 4

Warm Up:

- Inverse Ankle Grab
- Good Morning Walk
- Shuffle
- Skip for Height

Circuit 1: (Strength Circuit) (Focus on Posture & Position)

Stationary Exercises:

- Push Up Hold x 20 sec
- Push Ups x 10
- Squats x 10
- RDL x 10
- Forward/Backward Lunge Combo x 10
- Split Squat x 10
- Squat Jump x 10
- Good Mornings x 10
- Tuck Jump x 10
- Crunches x 10
- Leg Raises x 10
- Alternating Hypers x 10/side

Circuit 2: (Speed Circuit) (Focus on getting the students heart rate up)

Set up as many cones as possible and limit the wait time

- Forward Hops
- 3:1 Hops (3 hops forward, 1 hop back, consecutive)
- High Knees
- Skip for Height
- Skip for Distance
- Straight Leg Run
- Shuffle Repeats
- Carioca Repeats
- Pro Agility Repeats
- 2 Pt Sprint
- Push Up Start Sprint
- Side Start Sprint

Workout 5

Warm Up:

- Quad Stretch
- High Kicks
- Squat Walk
- Carioca

Combo Workout

All Exercises Stationary

Circuit 1: 2 Exercise Combo

- Good Morning Jump x 10
- RDL Jump x 10
- Split Squat Jump x 10
- Push Up, Crunch x 10 each
- Squat Hold, Push Up Hold x 15 sec each
- Good Morning, Lateral Lunge x 10 each
- Leg Raise, Reverse Crunch x 10 each
- Sit Up, Squat Jump x 10 each

Circuit 2: 3 Exercise Combo

- Lunge, Lunge, Squat x 5 each
- Good Morning Squat Jump x 5 each
- Rev Lunge, Rev Lunge, Push Up x 5 each
- Upper Hyper, Lower Hyper, V-Up x 5 each
- Wide Push Up, Normal Push Up, Close Push Up x 5 each
- Squat, Squat Jump, Tuck Jump x 5 each
- Split Squat, Split Squat, Squat Jump x 5 each
- Crunch, Leg Raise, V-Up x 5 each
- FB Hop, SS Hop, Switch Split Hop x 20