

Ace Sports Clinic: At Home Workout #1

Tempo: #1. #2. #3. #4	Duration of each phase of muscular contraction in (s). #1 - Eccentric/Lengthening, #2 - Pause in lengthened position, #3 Concentric/Shortening, #4 Pause				
Sequences	Exercises that share letters (A, B, C, D) are to be done as pairs or circuits of exercises. Example: A1 & A2, B1 & B2. Performing 1 set of A1 followed by A2 (Following the prescribed rest period), then repeat A1 & A2 until you have completed the prescribed number of sets, before moving on to B1 & B2.				
Strength Workout		Sets	Rep Range	Tempo	Rest
Release	Foam Roll Quads	1	30-45s		-
	Foam Roll Hamstrings				-
	Foam roll Calf				-
	Foam roll Adductors				-
Exercise Prep	A1. 90/90 Hamstring Bridge	3	5 Breaths or 30s		-
	A2. Heel Pressed Front Plank				60s
	B1. 90/90 Bridge w/ March	3	10 Reps Per Leg		-
	B2. Lazy Bear Mountain Climber				60s
	C1. Wall Slide or Wall Crawl	3	10		-
	C2. Heel Pressed Yoga Push Up				60s
Resistance Exercises	D1. Heel Pressed Split Lunge - R Side	4-5	10	4.0.4.0	30s
	D2. Heel Pressed SPlit Lunge - L Side				30s
	D3. Heel Pressed Push Up				30s
	D4. Bent Over Row				30s
	D5. Pseudo Single Leg RDL - R Side				30s
	D6. Pseudo Single Leg RDL - L Side				30s
	D7. Tall Kneeling Couch Press				30s
	D8. Prone Y-W Lifts				60-120s

Ace Sports Clinic: At Home Workout #2

Tempo: #1. #2. #3. #4	Duration of each phase of muscular contraction in (s). #1 - Eccentric/Lengthening, #2 - Pause in lengthened position, #3 Concentric/Shortening, #4 Pause					
Sequences	Exercises that share letters (A, B, C, D) are to be done as pairs or circuits of exercises. Example: A1 & A2, B1 & B2. Performing 1 set of A1 followed by A2 (Following the prescribed rest period), then repeat A1 & A2 until you have completed the prescribed number of sets, before moving on to B1 & B2.					
Metabolic Workout		Sets	Rep Range	Tempo	Rest	
Release	Foam Roll Quads		1	30-45s	-	
	Foam Roll Hamstrings				-	
	Foam roll Adductors				-	
Exercise Prep	A.	90/90 Hamstring Bridge	3	5 Breaths or 30s	-	
	A.	Heel Pressed Front Plank			60s	
	B.	90/90 Bridge w/ March	3	10 Reps Per Leg	-	
	B.	Lazy Bear Mountain Climber			60s	
	C.	Wall Slide or Wall Crawl	3	10	-	
	C.	Heel Pressed Yoga Push Up			60s	
Resistance Exercises	D1.	Heel Pressed Split Lunge - R Side	3	15 Reps in 30s	1.0.1.0	30s
	D2.	Heel Pressed SPLit Lunge - L Side				30s
	D3.	Heel Pressed Push Up				30s
	D4.	Bent Over Row				30s
	D5.	Pseudo Single Leg RDL - R Side				30s
	D6.	Pseudo Single Leg RDL - L Side				30s
	D7.	Tall Kneeling Couch Press				30s
	D8.	Prone Y-W Lifts				30s
	D9.	Heels elevated squat				30s
	D10.	Object RDL				30s

Ace Sports Clinic: At Home Running Workout

Tempo Runs	Work Duration: Duration of time you will perform the exercise. Rest Duration: Duration of time you will rest before doing the next exercise. Rest Between sets: Duration of time you will rest between sequences.					
Sequences	Exercises that share letters (A, B, C, D) are to be done as pairs or circuits of exercises. Example: A1 & A2, B1 & B2. Performing 1 set of A1 followed by A2 (Following the prescribed rest period), then repeat A1 & A2 until you have completed the prescribed number of sets, before moving on to B1 & B2.					
Metabolic Workout		Sets	Reps/Work Duration	Rest Duration	Rest Between Sets	
Release	Foam Roll Quads		1	30-45s	-	
	Foam Roll Hamstrings				-	
	Foam roll Adductors				-	
Exercise Prep	A.	90/90 Hamstring Bridge	3	5 Breaths or 30s	-	
	A.	Heel Pressed Front Plank			60s	
	B.	90/90 Bridge w/ March	3	10 Reps Per Leg	-	
	B.	Lazy Bear Mountain Climber			60s	
C.	Heel Pressed Split Lunge	2	5 per leg	-	30s	
Tempo Runs	D1.	Band Resisted Marching	4-6	30s	30s	30-120s As needed
	D2.	Band Resisted Power Skips		30s	30s	
	D3.	Band Resisted Running		30s	30s	