

## FITNESS IMPROVEMENT PROGRAM

### WEEK 1

---

#### WARM UP

|           |            |
|-----------|------------|
| Walk      | 2 minutes  |
| Skip      | 30 second  |
| Walk      | 20 seconds |
| Jog       | 90 seconds |
| Jump Rope | 30 seconds |
| Walk      | 1 minute   |
| Stretch   | 4 minutes  |

*Total time: 10:00*

#### PUSH UP IMPROVEMENT

| Type        | Time (secs) | Rest interval (secs) |
|-------------|-------------|----------------------|
| Regular     | 10          | 50                   |
| Wide hands  | 10          | 50                   |
| Close hands | 10          | 50                   |
| Regular     | 10          | 50                   |
| Regular     | 15          | End                  |

*Total time: 4:20*

(It is important to complete the time allotted for each set. If you can't continue with the type of push up noted, lower the resistance by going to your knees, doing negatives, elevating your hands, or using the wall. Remember to continue the movement through the complete range of motion for the entire time period.)

#### VERTICAL JUMP IMPROVEMENT

|               |   |
|---------------|---|
| Ankle hops    | 3 sets of 10, walk/jog/sprint 30 seconds between sets |
| Bend and jump | 3 sets of 10, walk/jog/sprint 30 seconds between sets |

*Total time: 4:00*

#### AGILITY RUN/300 METER/ SIT UP IMPROVEMENT

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 10 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 12:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

Total time: 5:00

*Total time: 35:20*

## **WEEK 2**

---

### **WARM UP**

Walk 2 minutes

Skip 30 second

Walk 30 seconds

Jog 90 seconds

Jump Rope 30 seconds

Walk 1 minute

Stretch 4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| <b>Type</b>   | <b>Time (secs)</b> | <b>Rest interval (secs)</b> |
|---------------|--------------------|-----------------------------|
| Feet elevated | 12                 | 48                          |
| Wide hands    | 12                 | 48                          |
| Close hands   | 12                 | 48                          |
| Regular       | 12                 | 48                          |
| Regular       | 20                 | End                         |

*Total time: 4:30*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops 2 sets of 12, walk/jog/sprint 30 seconds between sets

Double-leg hops            2 sets of 12, walk/jog/sprint 30 seconds between sets

Bend and jump            2 sets of 12, walk/jog/sprint 30 seconds between sets

*Total time: 4:00*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 12 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 12:00*

### **COOL DOWN**

Walk/jog/sprint            2 minutes

Stretch                      3 minutes

*Total time: 5:00*

*Total time: 35:30*

## **WEEK 3**

---

Walk                          2 minutes                      60 second

Walk                          20 seconds

Jog                            2 minutes

Jump Rope                  1 minute

Walk                          1 minute

Stretch                      4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| <b>Type</b> | <b>Time (secs)</b> | <b>Rest interval (secs)</b> |
|-------------|--------------------|-----------------------------|
| Regular     | 15                 | 60                          |
| Wide hands  | 15                 | 60                          |
| Close hands | 15                 | 60                          |

|         |    |     |
|---------|----|-----|
| Regular | 15 | 60  |
| Regular | 20 | End |

*Total time: 6:20*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Double-leg hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Bend and jump

3 sets of 12, walk/jog/sprint 30 seconds between sets

*Total time: 5:00*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 15 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 12:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 38:20*

## **WEEK 4**

---

### **WARM UP**

Walk 2 minutes

Skip 30 second

Walk 30 seconds

Jog 90 seconds  
Jump Rope 30 seconds  
Walk 1 minute  
Stretch 4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| Type        | Time (secs) | Rest interval (secs) |
|-------------|-------------|----------------------|
| Regular     | 20          | 45                   |
| Wide hands  | 20          | 45                   |
| Close hands | 20          | 45                   |
| Regular     | 20          | 45                   |
| Regular     | 30          | End                  |

*Total time: 5:20*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Double-leg hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Bend and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

Step back and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

*Total time: 6:00*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 18 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 13:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 39:20*

## **WEEK 5**

---

### **WARM UP**

Walk 2 minutes

Skip 30 second

Walk 30 seconds

Jog 90 seconds

Jump Rope 30 seconds

Walk 1 minute

Stretch 4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| Type        | Time (secs) | Rest interval (secs) |
|-------------|-------------|----------------------|
| Regular     | 25          | 30                   |
| Wide hands  | 25          | 30                   |
| Close hands | 25          | 30                   |
| Regular     | 25          | 30                   |
| Regular     | 25          | End                  |

*Total time: 5:10*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Double-leg hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Single-leg hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Bend and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

Step back and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

*Total time: 6:30*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 20 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 13:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 39:40*

## **WEEK 6**

---

### **WARM UP**

Walk 2 minutes

Skip 30 second

Jog 2 minutes

Jump Rope 30 seconds

Walk 1 minute

Stretch 4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| Type                         | Time (secs) | Rest interval (secs) |
|------------------------------|-------------|----------------------|
| Partner resisted             | 25          | 20                   |
| Partner resisted Wide hands  | 25          | 20                   |
| Partner resisted Close hands | 25          | 20                   |
| Regular                      | 25          | 20                   |
| Regular                      | 30          | 20                   |
| Regular                      | 25          | End                  |

*Total time: 5:10*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Double-leg hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Single-leg hops

2 sets of 15, walk/jog/sprint 30 seconds between sets

Bend and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

Step back and jump

2 sets of 15, walk/jog/sprint 30 seconds between sets

Jump and reach

2 sets of 15, walk/jog/sprint 30 seconds between sets

*Total time: 7:30*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 20 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 5 times

*Total time: 14:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 41:40*

## **WEEK 7**

---

### **WARM UP**

Walk 2 minutes

Skip 60 seconds

Jog 90 seconds

Jump Rope 30 seconds

Walk 1 minute

Stretch 4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| <b>Type</b>                 | <b>Time (secs)</b> | <b>Rest interval (secs)</b> |
|-----------------------------|--------------------|-----------------------------|
| Partner resisted            | 30                 | 15                          |
| Partner resisted Wide hands | 30                 | 15                          |
| Feet elevated               | 30                 | 15                          |
| Regular                     | 15                 | 10                          |
| Regular                     | 15                 | 10                          |
| Regular                     | 15                 | End                         |

*Total time: 3:20*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Double-leg hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Single-leg hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Bend and jump

3 sets of 12, walk/jog/sprint 30 seconds between sets

Step back and jump

3 sets of 12, walk/jog/sprint 30 seconds between sets

Jump and reach

3 sets of 12, walk/jog/sprint 30 seconds between sets

*Total time: 10:00*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 20 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 5 times

*Total time: 14:00*

### **COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 42:20*

## **WEEK 8**

---

### **WARM UP**

Walk 2 minutes

Skip 60 second

Jog 90 seconds

Jump Rope                    30 seconds  
Walk                            1 minute  
Stretch                        4 minutes

*Total time: 10:00*

### **PUSH UP IMPROVEMENT**

| <b>Type</b>      | <b>Time (secs)</b> | <b>Rest interval (secs)</b> |
|------------------|--------------------|-----------------------------|
| Partner resisted | 40                 | 15                          |
| Regular          | 30                 | 15                          |
| Close hands      | 30                 | 15                          |
| Wide hands       | 15                 | 10                          |
| Regular          | 15                 | 10                          |
| Regular          | 15                 | End                         |

*Total time: 4:25*

### **VERTICAL JUMP IMPROVEMENT**

Ankle hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Double-leg hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Single-leg hops

3 sets of 12, walk/jog/sprint 30 seconds between sets

Bend and jump

3 sets of 12, walk/jog/sprint 30 seconds between sets

Step back and jump

3 sets of 12, walk/jog/sprint 30 seconds between sets

Jump and reach

3 sets of 12, walk/jog/sprint 30 seconds between sets

*Total time: 10:00*

### **AGILITY RUN/300 METER/ SIT UP IMPROVEMENT**

Start in prone position

Stand and run 60 feet around cones

Lie on back and do 20 sit ups (positive or negative)

Walk /jog 2 minutes

Repeat 4 times

*Total time: 12:00*

**COOL DOWN**

Walk/jog/sprint 2 minutes

Stretch 3 minutes

*Total time: 5:00*

*Total time: 39:20*