

**LHS FALL BREAK WORKOUT  
AT HOME WORKOUT  
Fall Break 202**

<b>Monday 2nd</b>	<b>Tuesday 3rd</b>	<b>Wednesday 4th</b>	<b>Thursday 5th</b>	<b>Friday 6th</b>
<b>Conditioning</b>	<b>Strength</b>	<b>Stride Strength Agility</b>	<b>Explosion</b>	<b>Rest/Recover</b>
<b>Active Warm Up:10 Min</b>	<b>Active Warm Up: 10m</b>		<b>Active Warm Up:10 Min</b>	
<b>Stretch</b>	<b>Stretch</b>	OFF/STRETCH	<b>Stretch</b>	OFF/STRETCH
Bench 10/8/5/5	<b>Squat</b> 8/5/5/5		<b>Bench</b> 10/8/5/5	
Hammer Curls 8/8/8/8	<b>3 Position Lunge</b>		<b>Hammer Curls</b> 8/8/8/8	
Shoulder Circuit 6s	<b>2 Leg Circuits</b>		<b>Shoulder Circuit 6s</b>	
<b>Abs</b>			<b>Abs</b>	
<b>Outside:</b>	<b>Outside:</b>		<b>Outside:</b>	
<b>Speed School</b>	Speed School		Speed School	
<b>Hands</b>	Hands		Hands	
<b>Hammer</b>	Hammer		Hammer	
<b>Knee</b>	Knee		Knee	
<b>Toe</b>	Toe		Toe	
<b>Paw</b>	Paw		Paw	