Coach Kyle Pierce
Weightlifting---Non-Traditional Days

Daily Workout #1		Daily Workout #2	
Exercise	**Sets/Reps**	**Exercise**	**Sets/Reps**
Pushups	2 x 10	**Pushups Negatives**	5 @ slow 5 sec. down
Situps	2 x 20	**Throwdowns**	2 x 20
Base Plank	2 sets @ 20 sec.	**Squat (DB or Press)**	2 x10
Right Arm Plank	2 sets @ 20 sec.	**Lunges (DB or Press)**	2 x 10
Left Arm Plank	2 sets @ 20 sec.	**Left Arm Plank**	2 sets @ 20 sec.

If you do not have weight equipment at home, either use no weight or use items such as a heavy book to increase the intensity of the workout.

*****Keep a record of other daily physical activities such as: sledding, basketball, football, snowball fights, etc.*****

Date	*Other activity 1*	*Other activity 2*	*Other activity 3*