



**SIP WORKOUTS**  
**4/20 - 4/24/2020**

# Monday

## Warm Up

1. 20 yards high knees
2. 20 yards butt-kickers
3. 20 yards hip openers walking backwards
4. 20 yards Frankensteins
5. 20 yards Lunges
6. 20 yards backpedal back
7. 20 yards side shuffle out & back
8. 20 yards carioca out & back
9. 20 yards 75% effort sprint, backpedal back
10. 20 yards 100% effort sprint

## Workout - Tabata Squats/Push Ups

1. Set a timer for 10 minutes.
2. At the top of each minute, do 20 air squats and 10 pushups.
  - a. Rest the remainder of the minute.
3. After 10 minutes, rest for 1 minute, then repeat

Wall ball: 50 right, 50 left, 50 switching with the ball in your stick (not while it's in the air)



# Tuesday

## Warm Up

1. 20 yards high knees
2. 20 yards butt-kickers
3. 20 yards hip openers walking backwards
4. 20 yards Frankensteins
5. 20 yards Lunges
6. 20 yards backpedal back
7. 20 yards side shuffle out & back
8. 20 yards carioca out & back
9. 20 yards 75% effort sprint, backpedal back
10. 20 yards 100% effort sprint

## Workout - Poker

1. Get out a deck of cards.
  - a. Spades = Pushups
  - b. Clubs = High Jumps
  - c. Hearts = Lunges
  - d. Diamonds = Crunches/hollow rocks
2. Deal one "hand" of 7 cards to yourself and another "hand" of 5 cards to a 'dealer'
3. Flip your 7 cards
  - a. Do the number of reps that come up on each card (all face cards are 10)
4. Flip the Dealer's 5 cards
  - a. If your best hand beats the dealer's = 10 Burpees
  - b. If the dealer beats you = 30 Burpees
5. Play 3 hands

Wall ball: 10 sets of 10 quicksticks, changing hands every 10.  
Get close to the wall or rebounder and focus on precision, not power



# Wednesday

## Warm Up

1. 20 yards high knees
2. 20 yards butt-kickers
3. 20 yards hip openers walking backwards
4. 20 yards Frankensteins
5. 20 yards Lunges
6. 20 yards backpedal back
7. 20 yards side shuffle out & back
8. 20 yards carioca out & back
9. 20 yards 75% effort sprint, backpedal back
10. 20 yards 100% effort sprint

## Workout - Tabata Sprints

1. Set a timer for 15 Minutes <https://www.tabatatimer.com/>
2. At the top of each minute, run a 40-60 yard sprint.
  - a. If you have access to a track or a field, that's great, but if not, telephone poles are usually 15-20 yards apart and are great for sidewalk run measurements.
  - b. After sprinting, jog/walk back to your starting point
  - c. Get ready to start again at the top of the minute
3. Once 15 minutes are up, rest for 1 minute
4. Repeat (31 minutes total)

Wall ball: 50 switching while the ball is in your stick, then 50 switching while the ball is in the air



# Thursday

## Warm Up

1. 20 yards high knees
2. 20 yards butt-kickers
3. 20 yards hip openers  
walking backwards
4. 20 yards Frankensteins
5. 20 yards Lunges
6. 20 yards backpedal back
7. 20 yards side shuffle out &  
back
8. 20 yards carioca out & back
9. 20 yards 75% effort sprint,  
backpedal back
10. 20 yards 100% effort sprint

## Workout - 15 Minutes of Fun, 10 Minutes of Joy

1. Set a timer for 15 Minutes <https://www.tabatatimer.com/>
2. For 15 minutes running time, alternate through:
  - a. 10 pushups
  - b. 10 crunches
  - c. 25 jumping squats.
3. Do as many rounds as possible. Record your results
  - a. This isn't for speed, its for endurance, so just keep moving even if its at a slow pace
4. Rest 2 minutes
5. Set a timer for 10 minutes and Repeat

Wall ball: Split dodge to shot, 50 left to right, 50 right to left. Get the hands up and shoot overhand coming off the split



# Friday

## Warm Up

1. 20 yards high knees
2. 20 yards butt-kickers
3. 20 yards hip openers  
walking backwards
4. 20 yards Frankensteins
5. 20 yards Lunges
6. 20 yards backpedal back
7. 20 yards side shuffle out &  
back
8. 20 yards carioca out & back
9. 20 yards 75% effort sprint,  
backpedal back
10. 20 yards 100% effort sprint

## Workout - Pyramid Pump

1. Do 10 cascading sets of lunges, squats, pushups as follows
  - a. 20 lunges (in place, alternating legs, touching the back knee to the floor), 20 squats (butt below knees), 10 pushups (nose to floor, full lockout at the top)
  - b. 20 lunges, 18 squats, 9 pushups
  - c. 20 lunges, 16 squats, 8 pushups
  - d. 20 lunges, 14 squats, 7 pushups
  - e. ... continue down to the last set of 20 lunges, 2 squats, 1 pushup
2. Rest 1 minute
3. Do 30 Burpees
4. Rest 1 minute
5. Do 20 Burpees
6. Rest 1 minute
7. Do 10 Burpees

Wall ball: 100 with your weak hand, 50 reps 'dealer's choice' (BTB's, Canadians, shovel passes, around the worlds, etc.)

