

You:

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**The JYT Home Athlete Program  
Warm Up**

**Foam Rolling**

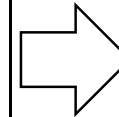
Back	30-60s
Glutes	30-60s
Quads	30-60s
Additional Soft Tissue	30-60s

**Warm Up**

<a href="#">Hip Mobility Series</a>	x10e
<a href="#">Prisoner Squats</a>	x10
<a href="#">Lateral Squats</a>	x10e
<a href="#">Good Mornings</a>	x10
<a href="#">Wide Good Mornings</a>	x5
<a href="#">Staggard Good Mornings</a>	x5e
<a href="#">Hip Circles</a>	x10e
<a href="#">Arm Circles</a>	x10e
<a href="#">Back Slaps</a>	x10
<a href="#">PVC Dislocates</a>	x10

**Goals For This Month**

1.)
2.)
3.)



**Action Steps**

1.)
2.)
3.)

# Day 1

## Home Athlete Month 2

### Ab Circuit

- [Side Planks](#)
- [Clam Crunch](#)
- [Twisties](#)

### Speed

#### Sprints

- [Altitude Landings](#)

### Strength Circuit

- [ECC Push Ups \(Modified\)](#)

- [Split Squat](#)
- [1 Leg Glute Bridge](#)
- [Prone Swimmers](#)

### Conditioning

- Sport Skill Work
- Tempo Intervals

### Stretch Circuit

- [Toe On Bench Stretch](#)
- [Glute Stretch](#)
- [Lat Stretch](#)

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 2e	BW		15s Hold	2 x 3e	BW		15s Hold	2 x 12e	BW		15s Hold	2 x 8e	BW		15s Hold
2 x 8	BW		3s Hold	2 x 10	BW		3s Hold	2 x 12	BW		3s Hold	2 x 8	BW		3s Hold
2 x 15e	BW		Normal	2 x 18e	BW		Normal	2 x 20e	BW		Normal	2 x 15e	BW		Normal
8 Reps	20yds	100%	Dynamic	10 Reps	20yds	100%	Dynamic	10 Reps	20yds	100%	Dynamic	8 Reps	20yds	100%	Dynamic
3 x 4	18-30in		3s Hold	3 x 5	18-30in		3s Hold	3 x 6	18-30in		3s Hold	3 x 4	18-30in		3s Hold
3x	BW		3s Down	3x	BW		3s Down	3x	BW		3s Down	3x	BW		3s Down
3 x 8e	Home Object		Normal	3 x 10e	Home Object		Normal	3 x 12e	Home Object		Normal	3 x 8e	Home Object		Normal
3 x 8e	BW		3s Hold	3 x 10e	BW		3s Hold	3 x 12e	BW		3s Hold	3 x 8e	BW		3s Hold
3 x 8	BW		Normal	3 x 10	BW		Normal	3 x 12	BW		Normal	3 x 8	BW		Normal
20 minutes				20 minutes				20 minutes				20 minutes			
15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards			
Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min			
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold

# Day 2

## Home Athlete Month 2

### Ab Circuit

[RKC Plank](#)

[V Position Sit Ups](#)

[Lazy Superman](#)

### Speed

Sprints

[1 Leg Line Hops](#)

### Strength Circuit

[Shoulder Walks](#)

[Pause Squats](#)

[Door Frame Lateral Holds](#)

[3 Way Calf Raises](#)

### Conditioning

Sport Skill Work

Tempo Intervals

### Stretch Circuit

[Toe On Bench Stretch](#)

[Glute Stretch](#)

[Lat Stretch](#)

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 2	BW		15s Hold	2 x 3	BW		15s Hold	2 x 4	BW		15s Hold	2 x 3	BW		15s Hold
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
8 Reps	20yds	75%	Dynamic	10 Reps	20yds	75%	Dynamic	10 Reps	20yds	75%	Dynamic	8 Reps	20yds	75%	Dynamic
3 x 15e	BW		Reactive	3 x 15e	BW		Reactive	3 x 15e	BW		Reactive	3 x 15e	BW		Reactive
3 x 4	BW		Dynamic	3 x 5	BW		Dynamic	3 x 6	BW		Dynamic	3 x 4	BW		Dynamic
3 x 8	Home Object		3s Hold	3 x 10	Home Object		3s Hold	3 x 12	Home Object		3s Hold	3 x 8	Home Object		3s Hold
3 x 8	BW		3s Hold	3 x 10	BW		3s Hold	3 x 12	BW		3s Hold	3 x 8	BW		3s Hold
3 x 15e	BW		Normal	3 x 18e	BW		Normal	3 x 20e	BW		Normal	3 x 15e	BW		Normal
20 minutes				20 minutes				20 minutes				20 minutes			
15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards			
Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min			
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold

# Day 3

## Home Athlete Month 2

### Ab Circuit

- [Bird Dogs](#)
- [Eagle Sit Ups](#)
- [Hollow Man](#)

### Speed

#### Sprints

- [Plyo Jumps](#)

### Strength Circuit

- [Push Up Holds \(Modified\)](#)
- [Plate Good Mornings](#)
- [Door Frame Rear Delt Holds](#)
- [Lateral Squats](#)

### Conditioning

#### Sport Skill Work

#### Tempo Intervals

Or 800's instead of tempos

### Stretch Circuit

- [Toe On Bench Stretch](#)
- [Glute Stretch](#)
- [Lat Stretch](#)

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
2 x 8	BW		3s Hold	2 x 10	BW		3s Hold	2 x 12	BW		3s Hold	2 x 8	BW		3s Hold
8 Reps	20yds	90%	Dynamic	10 Reps	20yds	90%	Dynamic	10 Reps	20yds	90%	Dynamic	8 Reps	20yds	90%	Dynamic
3 x 8	BW	100%	Reactive	3 x 10	BW	100%	Reactive	3 x 12	BW	100%	Reactive	3 x 8	BW	100%	Reactive
3x	BW		3s Hold	3x	BW		3s Hold	3x	BW		3s Hold	3x	BW		3s Hold
3 x 8	Home Object		Normal	3 x 10	Home Object		Normal	3 x 12	Home Object		Normal	3 x 8	Home Object		Normal
3 x 8	BW		3s Hold	3 x 10	BW		3s Hold	3 x 12	BW		3s Hold	3 x 8	BW		3s Hold
3 x 8e	Home Object		Normal	3 x 10e	Home Object		Normal	3 x 12e	Home Object		Normal	3 x 8e	Home Object		Normal
20 minutes				20 minutes				20 minutes				20 minutes			
15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards				15 minutes: Sprint 50 yards at 75% effort and then walk 50 yards			
Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min				Continue on and off for 15 min			
4 Reps	800yds		Dynamic	5 Reps	800yds		Dynamic	6 Reps	800yds		Dynamic	4 Reps	800yds		Dynamic
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold