

General Strength Routines (Full Body)				
Perform each routine as prescribed in the workout plan				
Full Meal Deal I	Full Meal Deal II	Desserts	Side Dish	Appetizer Sampler
Regular Squat	Dive Bomb Pushups	Forward Squat Walk	10 Pushups	15 Pushups
Single Leg Lunges (L-R)	Single Leg Squat (Right)	Backward Squat Walk	15 Sit Ups	30 Crunches
Superman Raises	Regular Crunches	Lateral Squat Walk (L-R)	10 Squats	10 Single Leg Squats (Right)
Bicycle Crunch	Diamond Pushups	Duck Walk	9 Pushups	10 Single Leg Squats (Left)
Regular Pushups	Single Leg Squat (Left)		13 Sit Ups	10 Dive Bomb Pushups
Triceps Dips	Full Body Crunches		9 Squats	20 Bicycle Crunches
Single Leg Side Lunges (L-R)	Side-to-Side Pushups		8 Push Ups	10 Side Lunges (Right)
Single Leg Dead Lifts (L-R)	Calf Raises (Right)		11 Sit Ups	10 Side Lunges (Left)
Side Plank (L-R)	V-Ups		8 Squats	30 Superman Raises
Front Plank	Triceps Dips		7 Push Ups	10 Single Arm Side Pushups (L)
Spiderman Plank	Calf Raises (Left)		9 Sit Ups	10 Single Arm Side Pushups (R)
	Cross Body Crunches		7 Squats	20 Full Body Crunches
	Regular Pushups		6 Push Ups	
	Alternating Lunges		7 Sit Ups	
	Mountain Climbers		6 Squats	
			5 Pushups	
			5 Sit Ups	
			5 Squats	

A general strength building routine is a key component to any training plan during any portion of the season. Performing a full body, no weights, general strength routine, 2 to 3 days a week, helps the athlete's body add to training stimuli to further the adaptation of strength gains and helps to generate overall fitness to handle more difficult training loads further on down the line in the training plan.

In these general strength routines, the prescribed amount of time that each exercise is performed, the amount of time for rest between each exercise, the number of sets of each routine that will be performed, or the number of reps for each exercise will vary when assigned throughout the training plan. Depending on what week of the plan the athlete is in, there may be short work times and long recovery times or vice versa. The athlete needs to be sure to read the prescribed times, sets, and repetitions carefully each day so that they can properly perform the general strength routines the way they are intended to be performed at that time during the training plan.

****QUARANTINE PLAN** – Assign your own times, sets, and reps. For example, I choose to do Full Meal Deal I. I want to do two sets, so I will do the full routine twice. I will do 30 seconds on, 20 seconds off. So, I will perform each exercise for 30 seconds and take a 20 second rest between each for a total of two times through the full routine.**