



WORK
ON
YOUR
BREAK!

This is a plan to keep yourself in shape:
You do not need to kill yourself! Stay Active!
**If you do not squat over break you will hurt when you get back!

I'm here and can get to the gym:	I'm on vacation and no gym:
Monday: LIFT: Bench 3x5 Squat 3x5 Power Clean/Hang Clean 3x5 4 rounds: 25 pushup/25 air squats/10 pullups RUN: 2 laps around track 10 100 yard strides	Monday: Run 1 mile and then do the following: 5 rounds: 25 pushups or more 25 air squats
Tuesday: **play an active game such as basketball	Tuesday: **Be active for an hour
Wednesday: **play an active game such as basketball	Wednesday: Run 1 mile and then do the following: 5 rounds: 25 pushups or more 25 air squats
Thursday: LIFT: Bench 3x5 Squat 3x5 Power Clean/Hang Clean 3x5 4 rounds: 25 pushup/25 air squats/10 pullups RUN: 2 laps around track 10 100 yard strides	Thursday: **Be active for an hour
Friday:	Friday:

ONE STEP FASTER



How can I improve?

5 Keys to Win the Day?

- 1.) Commitment: Have you committed in your heart to trust the coaches and work to get better everyday?
- 2.) Consistent: Are you following the program and not missing days?
- 3.) Intensity: Are you finishing the workouts and pushing yourself hard with weight everyday your supposed to lift?
- 4.) Execution: Are you focused on Improving your form everyday?
- 5.) Persevere: Bust your tail and never give up! Feeling sorry for yourself gets you nowhere. KEEP CHOPPIN'!

- 1.) LIFTING-You have to lift and workout and be on a plan. We have the kids on a specific plan. You can't miss!
- 2.) DIET-Eating protein and eating all throughout the day is critical to strength And speed gains.
- 3.) REST-God made our bodies to rest. If your working 7 days a week your wrong. Rest and recovery is critical to success. Many kids aren't growing because they are overworking! This leads to poor performance and injury!

ONE STEP FASTER



DIET PLAN



Sample eating plan:

**just an example. Research on your own!

Meal 1: 5 AM

30 grams of protein

*4 eggs and 8 oz of milk

Vitamin and Minerals

2 oranges

Meal 2: 7:30 AM

30 grams of protein

*2 chicken biscuits and 8 oz of milk

1 apple

Meal 3: 10 AM Snack

30 grams of protein

*protein bar

Fruit

1 banana and grapes

Meal 4: 1pm Lunch

30 grams of protein

2 chick breast

Vitamins and minerals

Broccoli and carrots (a lot of them)

Meal 5: 3:30 pm snack

30 grams of protein

2 Peanut butter and jelly sandwiches

Vitamins and minerals

Grapes

Meal 6: 7:30 PM Dinner

30 grams of protein

Steak

Vitamins and minerals

Spinach salad

Meal 7: Bed time protein snack

30 grams of protein

Protein shake that has vitamins and

Minerals in it.

ONE STEP FASTER



SET
GOALS
—
SELF
EVALUATE

ONE STEP FASTER

THIS IS WHERE I AM	THIS IS WHERE I'M GOING
Bench:	Bench:
Squat:	Squat:
Power Clean:	Power Clean:
40:	40:
Pro Shuttle:	Pro Shuttle:
LB CLUB:	LB CLUB:
5.0 Club:	5.0 Club:
Power Index:	Power Index:
DEMAND EXCELLENCE: Analyze your life in the following areas	
Humility:	
Thankful:	
Courage:	
Take Ownership:	
Respect:	
Steadfast:	
Loyalty	
WIN THE DAY: Each day are you striving to Win the Day?	
Commitment:	
Consistency:	
Execution:	
Intensity:	
Perseverance:	