



Pioneer Summer Training Camp 2022

Post Weightroom Dryland Training

Day 1: Dryland after (Weights: Chest/Back)

- (1) 2 Mile run [+] (2) Torso Twists = 3 x 60 Super set with L/R x 15 Lateral leg lift from side prone
 - (3) 2 x High Carioca x 30 yards [+]
 - (4) 2 x L/R Goblet squat + Sidestep (no cross over) maintain squat position x 20 yards [+]
 - (5) High knees x 2 x 40 yards [+] (6) Baby Puppy Monkeys x 20 yards x 4 (1 puppy x2 + 2 puppy x2)
- Ab Set:
- 20 x flutter kick + 20 x scissor kick + 6"/12"/18" + 20 flutter kick
 - 20 bicycles + 20 V-up crunches + 20 alternating side reach crunches + 20 bicycles

Day 2: Dryland after (Weights: Triceps – Legs)

- (1) Hip/Shoulder Separation Stretch (L/R) + (2) Scorpion Stretch (L/R) [+]
 - (3) Lower back & Hamstring Stretch – Progressive + (4) 1 x 60 Torso Twists [+]
 - (5) 3 x Upward facing dog + Downward dog [+]
 - (6) 4 station :60 sec rotation x 3 = Pull-ups + Mountain Climbers + Box Push-Ups + Baby 5 Puppy Monkeys (in place)
- Ab Set:
- 20 x flutter kick + 20 x scissor kick + 6"/12"/18" + 20 flutter kick
 - 20 bicycles + 20 V-up crunches + 20 alternating side reach crunches + 20 bicycles

Day 3: Dryland after (Weights: Shoulders/Abs)

- (1) 2 Mile run [+] (2) Torso Twists = 3 x 60 Super set with L/R x 15 Lateral leg lift from side prone
 - (3) 2 x High Carioca x 30 yards [+]
 - (4) 2 x L/R Goblet squat + Sidestep (no cross over) maintain squat position x 20 yards [+]
 - (5) High knees x 2 x 40 yards [+] (6) Baby Puppy Monkeys x 20 yards x 4 (1 puppy x2 + 2 puppy x2)
- Ab Set:
- 20 x flutter kick + 20 x scissor kick + 6"/12"/18" + 20 flutter kick
 - 20 bicycles + 20 V-up crunches + 20 alternating side reach crunches + 20 bicycles

Day 4: Dryland after (Weights: Chest/Back)

- (1) 2 Mile run [+] (2) Torso Twists = 3 x 60 Super set with L/R x 15 Lateral leg lift from side prone
 - (3) 2 x High Carioca x 30 yards [+]
 - (4) 2 x L/R Goblet squat + Sidestep (no cross over) maintain squat position x 20 yards [+]
 - (5) High knees x 2 x 40 yards [+] (6) Baby Puppy Monkeys x 20 yards x 4 (1 puppy x2 + 2 puppy x2)
- Ab Set:
- 20 x flutter kick + 20 x scissor kick + 6"/12"/18" + 20 flutter kick
 - 20 bicycles + 20 V-up crunches + 20 alternating side reach crunches + 20 bicycles

Day 5: Dryland after (Weights: Biceps/Legs)

- (1) Hip/Shoulder Separation Stretch (L/R) + (2) Scorpion Stretch (L/R) [+]
 - (3) Lower back & Hamstring Stretch – Progressive + (4) 1 x 60 Torso Twists [+]
 - (5) 3 x Upward facing dog + Downward dog [+]
 - (6) 4 station :60 sec rotation x 3 = Pull-ups + Mountain Climbers + Box Push-Ups + Baby 5 Puppy Monkeys (in place)
- Ab Set:
- 20 x flutter kick + 20 x scissor kick + 6"/12"/18" + 20 flutter kick
 - 20 bicycles + 20 V-up crunches + 20 alternating side reach crunches + 20 bicycles