

# Dynamic Warmup Instructor Card

The Dynamic Warmup, in its entirety, shall be conducted prior to all Strength/Core, Running, and Bike workouts

# 1

## Double Leg Squat

**Starting position:** Feet shoulder width apart, Toes Straight Ahead, Hands on hips

**Directions:**

- On count 01, squat by sitting back as if you are sitting on a chair.
  - Bend your knees to 90 degrees
  - Keep your knees vertically aligned over your toes
  - Weight in your heels
  - Keep your chest up
- On count 02, return to the starting position.
- On count 03, repeat count 01.
- On count 04, return to the starting position, sounding off with the number of repetitions completed.

**Cadence:** Slow 4 count Cadence (J=40)

**Reps:** 10 (20 total squats)

**Coaching Cues:**

“Knees over toes”  
“Keep knees from going past toes”  
“Toes straight ahead”  
“Sit back”  
“Feet shoulder width apart”



# 2

## Forward Lunge

**Starting position:** Feet hip width apart, Toes Straight Ahead, Hands on hips

**Directions:**

- On count 01, take a long step forward with the left foot, keeping your feet hip-width apart by stepping directly forward, not towards the middle.
  - Keep your knees vertically aligned over your toes
  - Bend both knees to 90 degrees, keeping the rear knee OFF the ground
  - Keep your chest up
- On count 02, return to the starting position.
- On count 03, repeat count 01 with Right Leg.
- On count 04, return to the starting position, sounding off with the number of repetitions completed.

**Cadence:** Slow 4 count Cadence (J=40)

**Reps:** 10 (20 total Lunges)

**Coaching Cues:**

“Knees over toes”  
“Keep knees behind toes”  
“Bend both knees to 90”  
“Keep torso upright”



# 3

## Single Leg Reach

**Starting position:** Standing on left leg with knee slightly bent, right leg slightly off ground and arms at side

**Directions:**

- On count 01, extend arms forward while lifting right leg back and tipping forward at the hips. Keep tilting forward until arms, upper torso and lifted leg are parallel to the ground.
  - Keep back flat
  - Keep hips level
  - Arms in line with the ears while head and eyes are down to the ground
  - Maintain your balance with a slight bend at the knee”
- On count 02, return to the starting position.
- On count 03, repeat count one with left leg back
- On count 04, return to the starting position, sounding off with the number of repetitions completed.

**Cadence:** Slow 4 count Cadence (J=40) **Reps:** 5

**Coaching cues:**

“Hips level” // “keep back flat” // “keep your balance”  
“tip forward at the hip” // “rear leg reaches back”



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## 4

### Side Hop to Balance

**Starting position:** Standing on left leg with knee slightly bent, right leg slightly off ground and hands on hips.

**Directions:**

1. On count 01, hop to the right landing softly on the **right** foot, toes to heels.
  - Land softly, toes to heels
  - Bend at the hips, knees, and ankles,
  - Keep center of gravity low
2. On count 02, hop back to the left landing softly on the **left** foot, toes to heels.
3. On count 03, repeat count 01.
4. On count 04, repeat count 02, sounding off the number of repetitions completed.

**Cadence:** Slow 4 Count Cadence (J=40)

**Reps:** 10 reps

**Coaching Cues:**

- “Land softly toe to heel”
- “Keep center of gravity low”
- “Knees over toes”
- “Toes straight ahead”
- “Keep your balance”



## 5

### Inch Worm with Push-up

**Starting position:** Feet shoulder width apart, hands at sides

**Directions:**

1. On count 01, bend forward at hips and place hands flat on deck as close to feet as possible.
2. On count 02, slowly walk hands forward until in a high plank position.
3. On count 03, bend elbows to lower body to one fist distance from deck.
4. On count 04, extend arms to return to high plank position
5. On count 05, slowly walk hands back towards feet.
6. On count 06, return to starting position, sounding off the number of repetitions completed.

**Cadence:** Slow 6 Count Cadence

**Reps:** 5 reps

**Coaching Cues:**

- “Walk out hands slowly”
- “Keep back flat, don’t sag”
- “Keep abs braced”
- “Hands directly under shoulders”
- “Don’t lock elbows”



# Upper body Strength Instructor Card

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**Wk2 Fri, Wk3 Tue/Thurs/Sat, and Wk 4 Mon:**

3 sets of 10 reps

Recruits rotate position every 45 seconds

1 recruit is exercising while 2 rest per Machine

**Wk4 Wed/Sat, Wk5 Mon/Wed/Sat:**

3 sets of 15 reps

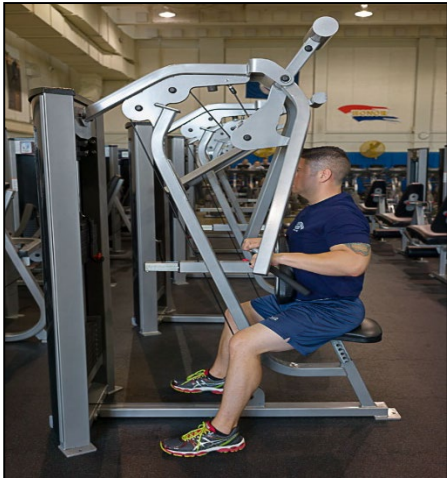
Recruits rotate to new exercise after their 3<sup>rd</sup> set

## Seated Row

Start Position



Finish Position



## Chest Press

Start Position



Finish Position



## Lat Pulldown

Start Position



Finish Position



## Shoulder Press

Start Position



Finish Position



# Upper body Strength Instructor Card

## Seated Row

### Position and alignment

- Place feet firmly on the deck, at a 90- degree angle.
- To find the proper seat setting, sit with a straight back and chest pressed against the pad. Extend the arms and grip the horizontal handles. The seat should be adjusted so the arms are parallel to the deck.
- The pad should be adjusted so the hands touch the grips between your palms and the first knuckle.

### Technique

1. Begin by pulling the handles toward the body and moving the shoulder blades together toward the center of the back.
2. Continue this motion until the elbows are even with or slightly behind the shoulders.
3. Slowly return to starting position.

## Chest Press

### Position and alignment

- Adjust the seat so the horizontal handles are lined up with the center of the chest.
- Plant the feet firmly on the floor.
- Place the entire back firmly against the back of the seat.
- Place the hands outside the shoulders, forming a 90-degree angle at the elbows, when the upper arms are parallel to the floor.

### Technique

1. Push the handles straight out from the body until the arms are fully extended, not locking out the elbows.
2. Slowly lower the handles and return to the Starting Position

## Lat Pulldown

### Position and alignment

- Sit on the seat with feet flat on the deck adjust the seat so your knees are at a 90-degree angle.
- Adjust the height of the thigh pad so the pad rests tightly on the thighs.
- Stand and grasp the handles. Holding onto the handles, lower yourself back into position.

### Technique

1. Lean back approximately 15 degrees, lower the handles in a slow, controlled motion until the handles are even with the upper chest, just below the collarbone.
2. Once the handles reach the collarbone, slowly return to starting position.

## Shoulder Press

### Position and alignment

- Adjust the seat so the horizontal handles are lined up with the collar bone.
- Plant the feet firmly on the floor.
- Place the entire back firmly against the back of the seat.
- Place the hands outside the shoulders, forming a 90-degree angle at the elbows.

### Technique

1. Push the handles straight up from the body until the arms are fully extended, not locking out the elbows.
2. Slowly lower the handles and return to the starting position



# Core Circuit Instructor Card

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

2 Rounds of Each Station (5 stations)

Total Workout time: 20 minutes

Wk 2 and 3  
Exercise= 20s  
Rest/Rotate= 40s

Wk 4 and Wk 5 MON:  
Exercise= 30s  
Rest/Rotate= 30s

Wk 5 WED and SAT:  
Exercise= 40s  
Rest/Rotate= 20s

## Round 1 & 2:

- Push-ups
- Rest
- Push-ups
- Rotate

## Round 1:

- Dynamic Glute Bridge
- Rest
- Dynamic Glute Bridge
- Rotate

## Round 2:

- Superman Hold
- Rest
- Superman Hold
- Rotate

## Round 1:

- Low Plank Hold
- Rest
- Low Plank Hold
- Rotate

## Round 2:

- Side Plank Right Hold
- Rest
- Side Plank Left Hold
- Rotate

## Round 1:

- Squats
- Rest
- Squats
- Rotate

## Round 2:

- Forward Lunge
- Rest
- Forward Lunge
- Rotate

## Round 1 & 2:

Partner 1	Partner 2
Sit ups	Hold Partner's feet
Rest	Rest
Hold Partner's feet	Sit-ups
Rotate	Rotate

## Push-ups

1. Place hands about shoulder width apart and beneath the shoulders.
2. Extend legs straight back supported on balls of feet. Keep torso in a straight line.
3. Bend elbows and lower body as one unit.
4. Lower until chest is one fist distance from deck then push back up.

## Start/Finish Position



Bottom Position



## Sit-ups

1. Lie on back, knees bent, place feet about 18in from buttocks.
2. Place hands loosely on side of head. Hands must remain at side of head.
3. In up position, elbows must touch knees. Shoulder blades must touch deck in down position
4. Buttocks must remain on deck at all times. Resting occurs in up position

## Start/Finish Position



Up Position



# Core Circuit Instructor Card

## Glute Bridge

1. Lie on back, knees bent, place feet about 18in from buttocks.
2. Raise your hips until your body forms a straight line from your shoulders to your knees.
3. Hold for 2s then return to the starting position. Repeat.



## Superman Hold

1. Lie on stomach with arms straight out over your head.
2. Raise chest, arms and legs of the deck.
3. Hold for 2s then return to the starting position. Repeat.



## Squat

- Stand tall with feet shoulder width apart.
- Hips descend back and down. Hips descend to at least to the top of the knees.
- Keep Chest tall and back straight.
- Knees in line with toes



## Forward Lunge

- Stand tall with feet shoulder width apart.
- Take a step forward with one foot.
- Lower hips until forward thigh is parallel to deck and back knee touches deck.
- Forward shin and knee should form a 90 degree angle.
- Drive into heel and press back up to standing. Repeat stepping with other leg.



## Low Plank Hold

- Lie on stomach with elbows placed under shoulders and legs extended.
- Raise body as a single unit until your body forms a straight line from shoulders to feet. Hold position.



## Side Plank Hold

- Lie on side with elbow placed under shoulder and legs extended. One leg stacked on the other.
- Raise body as a single unit until your body forms a straight line from shoulders to feet. Hold Position.



# Running Program Instructor Card (Fair Wx)

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**\*\*\*SICKLE CELL POSITIVE RECRUITS SHALL NOT ATTEMPT THE INTERVAL SPRINTS\*\*\***

## Schedule

- Week 2 TUE:** 15 min Run
- Week 2 THU:** 15 min Run
- Week 2 SAT:** 10 x 100m Run
- Week 3 MON:** 18 min Run
- Week 3 WED:** 18 min Run
- Week 3 FRI:** 7 x 200m Run
- Week 4 FRI:** 12 x 100m Run
- Week 4 SUN:** Company Run
- Week 5 TUE:** 3 x 800m Run
- Week 5 SUN:** Company Run
- Week 6 FRI:** 20 min Run
- Week 6 SUN:** Company Run
- Week 7 SUN:** Company Run

## Timed Runs (15min, 18min, & 20min)

Recruits shall run in ability groups based on forming run times.

Goal Run Pace per 1.5 mile Run Ability Group:

Forming Run	Goal Pace (min/mile)	Laps on Red Track		
		15min	18min	20min
<8mins	7:00	8.5	10.25	11.5
8-8.5	7:30	8	9.75	10.75
8.5-9	8:00	7.5	9	10
9-9.5	8:30	7	8.5	9.5
9.5-10	9:00	6.5	8	9
10-10.5	9:20	6.25	7.75	8.5
10.5-11	9:40	6	7.5	8.25
11-11.5	10:00	6	7.25	8
11.5-12	10:20	5.75	7	7.75
12-12.5	10:40	5.75	6.75	7.5
12.5-13	11:00	5.5	6.5	7.25
13-13.5	11:15	5.5	6.25	7.25
13.5-14	11:30	5.25	6.25	7
14.5-15	12:00	5	6	6.75
>15	12:30	4.75	5.75	6.5

# Running Program Instructor Card (Fair Wx)

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**\*\*\*SICKLE CELL POSITIVE RECRUITS SHALL NOT ATTEMPT THE INTERVAL SPRINTS\*\*\***

## 100 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	18s	9.5-10	22s	11.5-12	27s	13.5-14	32s
8-8.5	19s	10-10.5	23s	12-12.5	29s	14-14.5	34s
8.5-9	20s	10.5-11	24s	12.5-13	30s	14.5-15	35s
9-9.5	21s	11-11.5	26s	13-13.5	31s	>15	37s

Rest/Walk: 2 minutes



## 200 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	38s	9.5-10	48s	11.5-12	58s	13.5-14	68s
8-8.5	40s	10-10.5	50s	12-12.5	60s	14-14.5	70s
8.5-9	43s	10.5-11	53s	12.5-13	63s	14.5-15	73s
9-9.5	45s	11-11.5	55s	13-13.5	65s	>15	78s

Rest/Walk: 3 minutes



## 800 meter Run

Goal Run Times per 1.5 mile Run Ability Group:

<8min	2:50	9.5-10	3:30	11.5-12	4:10	13.5-14	4:50
8-8.5	3:00	10-10.5	3:40	12-12.5	4:20	14-14.5	5:00
8.5-9	3:10	10.5-11	3:50	12.5-13	4:30	14.5-15	5:10
9-9.5	3:20	11-11.5	4:00	13-13.5	4:40	>15	5:30

Rest: 7 minutes





# Running Program Instructor Card (Foul Wx)

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**\*\*\*SICKLE CELL POSITIVE RECRUITS SHALL NOT ATTEMPT THE BEEP TEST OR SHUTTLE RUN\*\*\***

## Schedule

- Week 2 TUE:** 15 min Bike  
**Week 2 THU:** 15 min Bike  
**Week 2 SAT:** 10 x 90m Shuttle Run  
**Week 3 MON:** P: 18 min Bike  
S: 15m Beep Test  
**Week 3 WED:** P: 15m Beep Test  
S: 18 min Bike  
**Week 3 FRI:** 7 x 180m Shuttle Run  
**Week 4 FRI:** 12 x 90m Shuttle Run  
**Week 4 SUN:** 20 min Bike  
**Week 5 TUE:** 7 x 180m Shuttle Run  
**Week 5 SUN:** 30 min Bike  
**Week 6 FRI:** 20 min Bike  
**Week 6 SUN:** 30 min Bike  
**Week 7 SUN:** 30 min Bike

## Bike

Goal Bike Pace/Distance per 1.5 mile Run Ability Group:

Forming Run	Goal Pace (MPH)	Distance (miles)			
		15min	18min	20min	30min
<9	22.5	5.6	6.8	7.5	11.3
9-11	19	4.8	5.7	6.3	9.5
11-13	16.5	4.1	5	5.5	8.3
13-15	15	3.8	4.5	5	7.5
>15	14.5	3.6	4.4	4.8	7.3

Recruits shall adjust resistance and speed as needed to maintain goal pace.

Ensure recruit seats are adjusted so there is only a slight bend in knee when at bottom of pedaling circle.



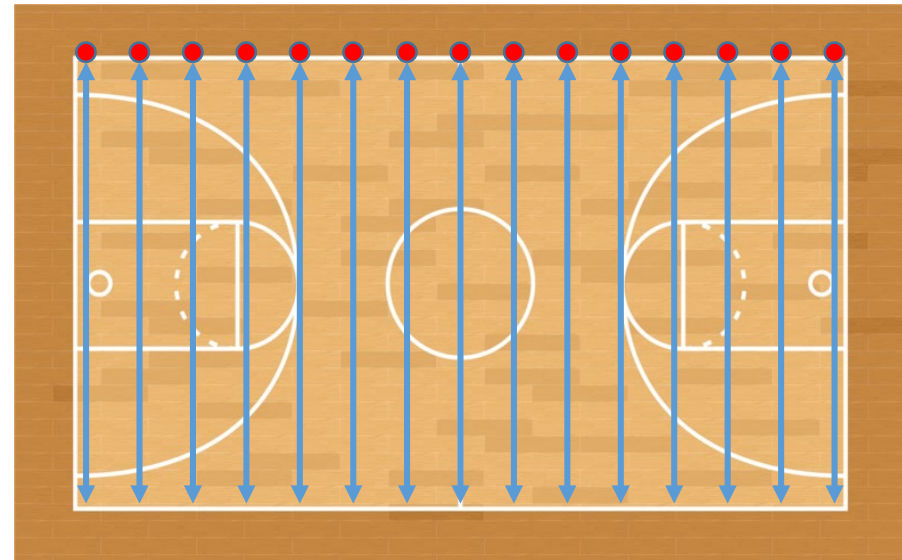
# Running Program Instructor Card (Foul Wx)

The Dynamic Warmup, in its entirety, shall be conducted prior to this workout

**\*\*\*SICKLE CELL POSITIVE RECRUITS SHALL NOT ATTEMPT THE BEEP TEST OR SHUTTLE RUN\*\*\***

## 15 meter Beep Test (requires Beep Test App)

- Recruits shall be lined up along the length of the Basketball Court with enough room for recruits to run and turn around.
- At the sound of the tone, "beep," recruits will begin to run between the side lines of the Basketball Court (approximately 15 meters).
- At each beep recruits will turn and run back to the other sideline.
- If the recruit arrives at the sideline before the beep they must wait for the beep to continue running. (The goal is for continuous running rather than sprinting and waiting.)
- If a recruit fails to meet the sideline before the beep 2 times, their test is over. This is a test to failure not exhaustion. This test is non-punitive.

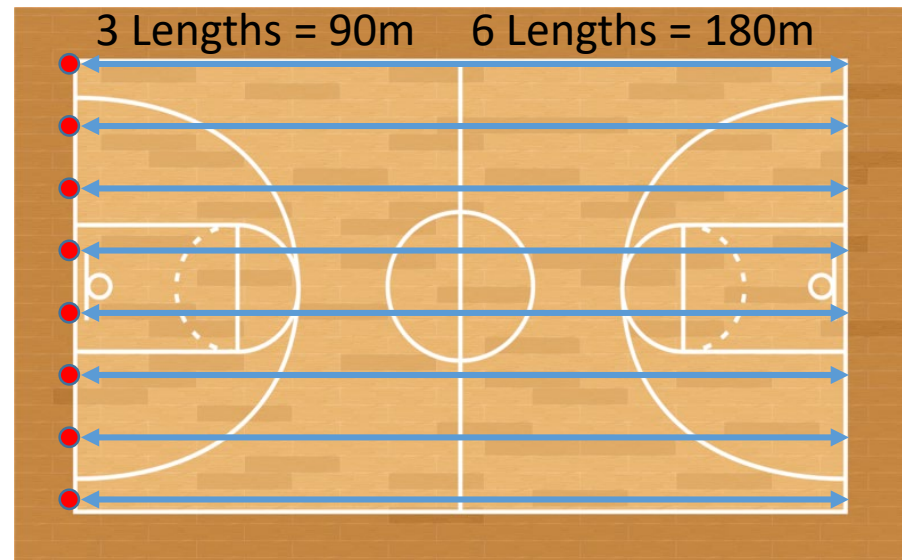


## Shuttle Runs

**Goal Run Times based on Forming Run**  
(90m Shuttle Run/180m Shuttle Run)

- Recruits shall be lined up in Run ability groups along the width of the Basketball Court with enough room for recruits to run and turn around.
- Recruits should attempt to run their goal run time.
- Rest 2-3 minutes between runs

<8min	18s/38s	11.5-12	27s/58s
8-8.5	19s/40s	12-12.5	29s/60s
8.5-9	20s/43s	12.5-13	30s/63s
9-9.5	21s/45s	13-13.5	31s/65s
9.5-10	22s/48s	13.5-14	32s/68s
10-10.5	23s/50s	14-14.5	34s/70s
10.5-11	24s/53s	14.5-15	35s/73s
11-11.5	26s/55s	>15	37s/78s



# Static Cool down Stretches Instructor Card

If time permits, the cool down, in its entirety, shall be conducted after all Strength/Core, Running, and Bike workouts.

# 1

## Low Cobra

Duration: 30s hold

1. Lie flat on stomach.
2. Raise only your head and chest off deck.
3. Support chest with elbows on deck.
4. Hold Position.



# 2

## Child's Pose

Duration: 30s hold

1. Begin on hands and knees (knees should be about shoulder width apart).
2. Bend at hips so chest drops between knees.
3. Extend Arms forward over head.
4. Hold position.



# 3

## Calf Stretch

Duration: 30s each leg

1. Begin in a high plank with one leg forward and one back.
2. Straighten back leg by moving heel towards deck.
3. Hold position.

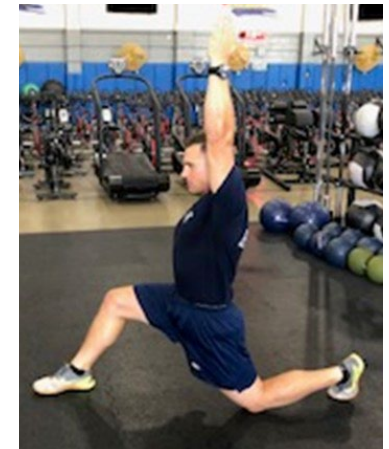


# 4

## Hip Flexor Stretch with Arm Reach

Duration: 30s each leg  
**Continue to Stretches 5, 6 and 7 before switching legs**

1. Place one knee on the deck and other leg forward.
2. Stretch hip forward towards extended leg.
3. Raise both arms over and behind head.
4. Hold Position.



# Static Cool down Stretches Instructor Card

If time permits, the cool down, in its entirety, shall be conducted after all Strength/Core, Running, and Bike workouts.

5

6

7

8

9

## Quad Stretch

Duration: 30s each leg  
Continue to Stretches 6 and 7 before switching legs

1. From Hip Flexor stretch position reach back and grab foot.
2. Pull foot towards glutes until stretch in quad is felt.
3. Hold Position.



## Hamstring Stretch

Duration: 30s each leg  
Continue to Stretch 7 before switching legs

1. From Hip Flexor stretch position, extend forward leg.
2. Slowly bend at hip until stretch in hamstring is felt.
3. Hold Position.



## Adductor Stretch

Duration: 30s each leg  
Return to Stretch 4 and switch legs

1. From Hip Flexor stretch position, extend forward leg to the side with toe up.
2. Extend leg and lower hips until stretch is felt.
3. Hold Position.



## Leg Cradle

Duration: 30s each leg

1. Begin on back.
2. Bring knee to chest.
3. Simultaneously, With hands pull knee towards armpit and ankle towards midline.
4. Hold Position.



## 90-90 Stretch

Duration: 30s each side

1. Begin flat on back with arms out to sides.
2. Keeping arms on deck, rotate hips, bringing one leg across the other.
3. Look away from rotated leg.
4. Hold Position.

