

Flag Football Fitness 6-week Practice Plan

Week 1:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Jog in place, Jumping jacks & Arm circles forward and backward
 - Workout: Do each exercise for 30 seconds, complete 3 rounds
 - Cross leg crunch
 - Single leg pick-ups
 - Toe taps
 - Jump squats
 - Overhead punches
 - Inchworm
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Leg hug stretch, triceps stretch & Hamstring stretch
- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - March & swing arms, power skips, wrist rotations
 - Workout: Complete 3 rounds of each exercise
 - Push-ups (10 reps)
 - Side lunges (10 reps on each leg)
 - Bird dog (10 reps each side)
 - Chair squats (10 reps)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Butterfly stretch, arm across body stretch, wrist flexion & extension
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** Total Body
https://drive.google.com/drive/folders/1jl61diRAXicQx8jinR3kMjoZFw1c_FVa
- **Day 7:** REST

Week 2:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Quick feet, Lunge and side stretch, March and swing arms

- Workout: Complete 3 rounds of each exercise
 - Reverse lunge (10 reps on each leg)
 - Side to side hops (10 reps on each side)
 - Triceps dip (10 reps)
 - Bicycle crunches (do for 30 seconds)
- Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Triceps stretch, Quad stretch, Child's pose
- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Side shuffles, jumping jacks, arm circles forward and backward
 - Workout: Complete 3 rounds of each exercise
 - Squat (10 reps)
 - Side steps (10 reps each way)
 - Overhead punches (30 seconds)
 - Plank (30 seconds)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Butterfly stretch, arm across body stretch, hip flexor stretch
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** Seated yoga
<https://drive.google.com/file/d/1lqIqQwLt4IbB2tK55KgWVTCpvnJTSWVI/view?ts=5f11adcb>
- **Day 7:** REST

Week 3:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - High knees, wrist rotations & butt kicks
 - Workout: Complete 3 rounds of each exercise
 - Squats (10 reps)
 - Side lunges (10 reps each leg)
 - Push-up (10 reps)
 - Plank (30 seconds)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Quad stretch, Chest stretch, Butterfly stretch

- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Jog in place, squats & arm circles forward and backward
 - Workout: Complete 3 rounds of each exercise
 - Quick punches (30 seconds)
 - Reverse lunges (10 reps on each leg)
 - Single leg pick-ups (10 reps each leg)
 - Cross leg crunches (15 reps)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Quad stretch, hamstring stretch & side stretch
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** My Body Shop Fitness
<https://www.youtube.com/watch?v=3M2XG2KnEoU>
- **Day 7:** REST

Week 4:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Quick feet, torso rotations & jog in place
 - Workout: Complete 3 rounds of each exercise
 - Frog squat (10 reps)
 - Inchworm (10 reps)
 - Single leg pick-ups (10 reps on each leg)
 - Bird dog (10 reps on each side)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Quad stretch, child's pose & side stretch
- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - March & swing arms, wrist rotations, side to side bounding
 - Workout: Complete 3 rounds of each exercise
 - Push-ups (10 reps)
 - Forward lunges (10 reps each side)
 - Quick punches (30 seconds)

- Bicycle crunches (30 seconds)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Arm across body stretch, modified hurdlers stretch, chest stretch
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** Workout
https://drive.google.com/drive/folders/1jl61diRAXicQx8jinR3kMjoZFW1c_FVa
- **Day 7:** REST

Week 5:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Jumping jacks, alternating arm hugs, side shuffles
 - Workout: Complete 3 rounds of each exercise
 - Jump squats (10 reps)
 - Side lunges (10 reps on each leg)
 - Triceps dips (10 reps)
 - Cross leg crunches (15 reps)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Tricep stretch, butterfly stretch, standing calf stretch
- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Step in place, arm circles backwards and forwards, torso rotations
 - Workout: Complete 3 rounds of each exercise
 - Squat hold with quick punches (30 seconds)
 - Inchworm (10 reps)
 - Single leg pick-ups (10 reps on each leg)
 - Sit-ups (15 reps)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Quad stretch, hamstring stretch, arm across body stretch
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** Neck and shoulder yoga sequence
<https://www.youtube.com/watch?v=avAbcJFsTz4>
- **Day 7:** REST

Week 6:

- **Day 1:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - March and swing arms, squats, single leg hops
 - Workout: Complete 3 rounds of each exercise
 - Reverse lunge (10 reps)
 - Quick feet (30 seconds)
 - Push-ups (10 reps)
 - Plank (30 seconds)
 - Frog squats (10 reps)
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Modified hurdler's stretch, leg to chest, chest stretch
- **Day 2:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 3:** REST
- **Day 4:**
 - Warm-up: Do each exercise for 30 seconds, complete 3 rounds
 - Jog in place, single leg hops, arm circles backwards and forwards
 - Workout: Do each exercise for 30 seconds, complete 3 rounds
 - Cross leg crunch
 - Single leg pick-ups
 - Toe taps
 - Jump squats
 - Overhead punches
 - Inchworm
 - Cool-down: Hold each stretch for 30 seconds, complete 2 rounds
 - Triceps stretch, hamstring stretch, side stretch
- **Day 5:** Complete 20-30 minutes of your favorite activity – dancing, Zumba, biking, walking, etc.
- **Day 6:** 30 minute sweat
https://us02web.zoom.us/rec/share/2cZOLJdf2EIOe53U1I7jRP45P6T3aaa81nMb_qFbzR5L3gznJ_vR2sbbTnluu_F2d
- **Day 7:** REST