

## Spring Conditioning

These are the recommended exercises for players in the spring. If you are unable to attend spring conditioning, you should be doing these exercises at home to prepare for tryouts June 3 & 4. These exercises should be done 3 to 4 times a week.

### **I. Run 2 - 3 miles**

- varsity players will be expected to run 2 miles in under 20 minutes
- the more often you run and the further you run, the easier this requirement will be in June.

### **II. Core strength exercises**

- 50 crunches
  - 15 push-ups
  - 1 minute plank
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- 30 second side plank (one side)



- 1 minute bridge



- 15 push-ups
- 1 minute plank
- 30 second side plank (opposite side)
- 50 crunches
- 1 minute raised plank



- 2 minute bridge
- 50 crunches

\*Each set of crunches should be a different variation

III. 1000 single bounce jump ropes