



## LSL AA Summer Fitness Program

\*Agilty 2-3 x week/semaine (not on circuit days/ pas sur les jours de circuit)

\*Circuit 3 x week/sem.

### **Agility/Speed**

#### Speed

5 x 30 yard sprint (90 secs. rest)

5 x 20 yard sprint (75 secs. rest)

5 x 15 yard sprint (30 secs. rest)

#### Agility

Each drill x 10 (both directions)

Chaque exercice x 10 (les 2 directions)

Link (ctrl + click to access)



[Speed/Agility/Fast feet](#)

---

## CIRCUIT

Week 1 (3 DAYS) (MON/WED/FRI) Complete circuit 1 -2 times each training day  
Semaine 1 (3 JOURS) (LUN/MER/VEN) Complétée circuit 1-2 fois par jour d'entraînement

Week 2 Complete circuit 2-3 times each training day  
Semaine 2 Complétée circuit 2-3 fois par jour d'entraînement

Week 3-August Complete circuit 3 times  
Semaine 3- Août Complétée circuit 3 fois

1-SKIPPING	60-90 SECS	(Rest/Repos 20-30 secs. between exercise/entre chaque exercice)
2-BICEP CURLS (ELAS/DB)	20-30 REPS	
3-JUMP SQUATS	60 SECS	
4-SHOULDER LATERALS (ELAS)	20-30 REPS	
5-HIGH KNEES	60 SECS	
6-DIPS	20-30 REPS	
7-JUMPING JACKS	60-90 SECS	
8-BRIDGE	50 REPS	
9-PUSH UP	60 SECS	
10-ALTERNATING LUNGES	40 REPS= 20/leg	
11-BURPEES	60 SECS	
12-PLANK	60-90 SECS	
13-BOX JUMPS/SQUATS	20-30 REPS	
14-MOUNTAIN CLIMBERS	60 SECS	
15-SKATER LUNGES	40 REPS=20/leg	
16-HAMSTRING CURLS (BALL)	30 REPS	

Link (ctrl + click to access)



[Cardio/Strength/Core](#)

[Open in Docs](#)

For any questions , please contact me !  
Pour tous questions , écrivez moi !

[tntdevelopment@hotmail.com](mailto:tntdevelopment@hotmail.com)

**Terri Zerbisias & Todd Isaacson**  
**TNT Development**