

Flywheel Women's Ultimate Navy Seal Workout Winter 2005 - TWICE A WEEK!

Begin with a 10-minute warm-up run, stretching, 1 minute of jumping jacks, then 2 sets of Seals, stretch.

- Do each exercise down the list for one set. Take a 4-5 minute water break and complete a second set.
- Perform plyometrics at the beginning of any workout session so that your legs are rested. This will increase the effectiveness of the workout.

Exercise	Thru Jan 1	Jan 2 - Jan 22	Jan. 23- Feb 12	Feb 13- March 12	March 13- April 2	April 3 - April 30	May 1 - Nationals
1. Eight Counts (overall)	6	8	10	10	12	14	16
2. One leg circle (all abs)	6	8	10	10	12	12	15
3. Two Foot Ankle Hops (ankle)	20	24	26	28	30	34	36
4. Pushups - regular (arms)	10	13	16	18	20	22	25
5. Triple Jump (legs)	6	8	10	12	12	14	14
6. Double Crunches (abs)	20	20	25	25	30	30	30
7. Arm Haulers (back)	20	20	22	24	26	28	30
8. Single Leg Vert Power Jump (leg)	14	16	18	20	22	24	26
9. Dive Bombers (arms)	6	8	10	12	14	16	18
10. Straight Leg Raise (hammy)	8	10	10	12	14	16	18
11. Fallen L-Raises (side abs)	10	12	14	16	18	20	22
12. Clock Lunges (legs)	12,3,6 - L 6,9,12 - R 6	12,3,6 - L 6,9,12 - R 8	12,3,6 - L 6,9,12 - R 10	12,2,4,6 - L 6,8,10,12 - R 6	12,2,4,6 - L 6,8,10,12 - R 8	12,2,4,6 -L 6,8,10,12-R 10	12,2,4,6 -L 6,8,10,12-R 10
13. Tricep Pushups (arms)	6	8	10	12	14	16	18
14. Twisting 100's (abs)	40	50	60	70	80	90	100
15. Repeat Crossovers (leg)	6	8	10	12	14	16	18
16. Half Superman (back)	6	8	10	12	14	16	18
17. Inner Thigh Raises (leg)	16	18	20	24	26	28	30
18. Plank (abs)	60 sec	90 sec	90 sec	120 sec	120 sec	120 sec	120 sec

Some of these moves are high impact, and conditions such as tendonitis, bursitis, arthritis, etc. could be aggravated by these routines, so if you feel pain - STOP!

The Quick & Dirty Benefits of Plyometric Training for the legs:

- Increased power production
- Increased speed of movement
- Increased voluntary muscle contraction (strength)
- Increased proprioception and kinesthetic awareness (body position sense)
- Increased quickness
- Decreased reaction time
- Increased ability to change direction more efficiently and quickly.

Basic directions for leg exercises: Land on the balls of the feet with the knees flexed and the chest over the knees. Avoid any excessive side-to-side or forward-to-back rocking of the knees upon landing as well as inward movement of the knee upon landing. Land "softly" -- on the balls of the feet then rocks to the heels. Overall, think "light as a feather," "recoil like a spring," and "straight as an arrow" for proper body mechanics. Proper body mechanics are the goal in the early stages of this type of program. Emphasis on power and explosion should only be instituted after you have the technique down.

Why Ab, Back & Arm Strengthening Too?

All force generated by the musculoskeletal system in the upper and lower body either originates, is stabilized by, or is transferred through the trunk and low torso. Given this fact, if athletes are to develop their full strength and power potential, then a significant portion of a strength & conditioning program should focus on the abdominals/obliques/low back. The muscle groups that you strengthen with core training generally don't have the range of motion needed to drive you forward, but they are the "platform" from which your arms and legs work.

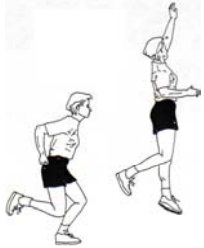
Key: Muscle strength and endurance help prevent fatigue and injuries.

Description of Each Navy Seal Component:

- 1. Eight Counts (overall)** — Stand at ease with your arms at your sides and your feet close together. Squat down and place your palms flat on the ground, shoulder width apart, one foot in front of your toes ("*One!*"). Thrust your legs back until they are fully extended and your toes are touching the ground—you are now in the standard pushup position ("*Two*"). Drop your chest to within an inch of the floor, keeping your head up and your back straight ("*Three*"). Push back up ("*Four*"). Without shifting your upper body from the pushup, thrust your legs out to the sides, landing on your toes ("*Five*"). Return back to the pushup position ("*Six*"). Return your legs back to the full squat position ("*Seven*"). Stand up ("*Eight*"). This equals one 8-count.
- 2. One Leg Circle (abs):** Lie on your back with arms at your sides, palms facing down. Pulling in your abs, extend the left leg toward the ceiling, and point your toe. Rotate leg clockwise in first set. Breathe in from 12 o'clock to 6 o'clock; breathe out from 6 o'clock to 12 o'clock. Do this for the number of circles listed. Then return left leg to floor do the same exercise with the right leg. In the second set, rotate in the opposite direction, breathing in from 6 o'clock to 12 o'clock, then breathe out from 12 o'clock to 6 o'clock. The bigger your circle, the better the workout.
- 3. Two Foot Ankle Hops (ankles, vertical)** — Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent up to 90°. Hop continuously on both feet using only the ankles to project body up. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).
- 4. Pushups - regular (arms)** — Get on the ground with your palms directly below your shoulders. With your legs extended behind you, place your feet a little closer than shoulder width and get up on your toes. Keep your eyes forward, your elbows locked and your butt down. Bend your elbows until your chest is one fist off the floor. These should be done **SLOWLY**. Do a two-count down and a two-count up. If you can't do it slowly and fully from the fully extended position, do these from your knees. The goal is to gain strength and proper push-ups from knees is FAR better than improper push-ups with legs extended.
- 5. Standing Triple Jump (legs)** — Begin with a rapid jump off of two feet, trying for maximum distance. Land with right foot, immediately jump off of right foot and land on left foot. Immediately push off left foot and land on both feet. Strive for maximum distance on each jump. All of these jumps totaled equals one count.
- 6. Double Crunches (abs)** — Two kinds of crunches in one set! Do the number listed in the chart first as A) with knees bent, feet in air, fibulas (calf bone) parallel to ground followed immediately by B) same position, but with knees at shoulder width apart. Do both A AND B with the number of crunches listed in the table for the set.

7. Arm Haulers (back) — Lie on your stomach. Put your arms straight out in front of you. Lift your arms, upper chest, and legs off the floor. Following a full range of motion, sweep all the way back to your thighs and all the way forward again. One count is when your arms return to straight out in front of you. Don't rush this. Use a slow methodical 2-count going back and then again going forward.

8. Single Vertical Power Jump (legs, lateral) — Stand on one leg, begin with a downward counter movement, explode up, thrust arms upward, land and immediately repeat. Do all jumps with one leg before switching to the other leg to complete the set.



9. Dive Bombers (arms) — Start in a position as you would do for pushups. **Now** position your feet about one foot closer towards your hands and about three feet apart. This time, your butt can be higher than your head, and it should be. Use your arms to create a forward and back swinging motion. You should go head first (like you might scrape your nose to the ground), follow with the chest and then the legs. As you are going downward, start to climb up and forward, sticking your face out in front. Then swing back down and up towards your feet. Sort of like a roller-coaster, down one hill and climbing another. One count is complete when you have gone both forward and back into the original position. Both direction motions **should feel like pushups** "done at an angle", not just swinging.

10. Straight Leg Raise (hamstrings) — Lie flat on your stomach, put your hands under your chin, and keep both legs straight, with your feet flexed (not pointed). Raise one leg up as far as you can comfortably go. Hold for 3 seconds. Lower that leg, and then raise the other leg for 3 seconds. One count is equal to raising both legs once.

11. Fallen L Raises (side abs) — Lie on your right side with your feet together. Raise yourself up, so you are balanced on your straight right arm and feet, resembling the shape of a fallen T. Relax your middle, so your side bends towards the ground. Then, tighten your abs (obliques mainly) to straighten out your T. You can even contract your obliques enough so you overcompensate on the T (note: if you are on your right side, your left obliques are working). Alternate sides so you get both left and right sides in one set.

12. Clock Lunge (leg) — Start with your hands on your hips. Keep your back straight. Lunge forward, forming a 90 degree angle with your leg and the ground. Continue to face forward, but lunge to the clock positions outlined in the workout. Your foot should always be facing

forward while lunging, even if going out to the side, or behind you. Right foot lunges should hit the clock positions of 12, 2, 3, 4, 6 (right side of body); left foot lunges should hit the clock positions of 6, 8, 9, 10, 12 (left side of body). Hit the clock times as listed in the table.

13. Tricep Pushups (arms) — Make sure to start with arms directly under your shoulder joint, close to the body. Two hand placement options: a) move your hands together so your thumbs and index or pointing finger touch - forming a triangle, or b) make sure your hands fall directly under your shoulders when placed on the ground. Keeping your abdominals tight, slowly lower your body towards the floor. Exhale as you push yourself up. Two-count in both directions. Do not allow your lower back to sag. Keep abdominals tight all throughout. You can do this either with your legs fully extended or from your knees. Like the pushups, do what gives you the best workout.

14. Twisting 100's (abs) — The twisting 100's are like you're skiing. Sitting on your butt, legs and torso at ~90 degrees, point knees to the left while hands and shoulders go right. Then, knees right while hands go left, like a downhill skier. One count equals "skiing" to both sides.

15. Repeat Crossovers (legs - lateral) — Using the numbers on a clock face, grab a frisbee and lunge from 3 to 9 back and forth changing your grip for forehand and backhand - first set is with your right leg, second set is with your left leg. One count equals lunging to both sides. You get to practice being ambidextrous on this drill.

16. One-sided Superman (back) — Start in a kneeling position with hands on the ground. Stick your right arm and left leg (opposites) straight out from your body, pointing hands and toes. Hold for 5 seconds. Bring back in and switch to left arm and right leg, holding for 5 seconds. The challenge is to stay aligned and balanced with only one hand and knee on the floor. One count equals doing both sides.

17. Inner Thigh Raises (legs) — Lie on your back, legs stretched out. Bend your left leg at the knee so your knee is in the air with your foot on the ground. Turn the inside of your straightened right foot up toward the ceiling. Lift your right leg up to the height of your left knee. Reverse and do with the other leg to complete the set.

18. Plank (abs) — Lie face down on floor with elbows resting on floor next to chest. Push your body off the floor in a pushup position with your body resting on your elbows. Contract the abs and keep the body in a straight line from head to toes. No saggy backs, no butts in the air. Your back is a plank. Good story tellers make time go by quickly! Go to time.