

SCS '99 Saints 3-Day Workout Guidelines

Player: _____

Date _____

This exercise routine should take about **15-20 minutes**, an additional **10 minutes** (minimum) should be spent on stick work

Day 1

Exercise	REPS	SET 1	Jump Rope	SET 2	Jump Rope	SET 3	Stick Work
Press Ups	10	<input type="text"/>	Jump Rope for (2) Minutes (about 120-150 Skips)	<input type="text"/>	Jump Rope for (2) Minutes (about 120-150 Skips)	<input type="text"/>	Stick Work for (10) Minutes
Open the Door	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Upper Cuts	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Forward Punch	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Salt Shaker	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Forward with Press Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Side to Side	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Backward with Curl Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	

Day 2

Exercise	REPS	SET 1	Jump Rope	SET 2	Jump Rope	SET 3	Stick Work
Press Ups	10	<input type="text"/>	Jump Rope for (2) Minutes	<input type="text"/>	Jump Rope for (2) Minutes	<input type="text"/>	Stick Work for (10) Minutes
Open the Door	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Upper Cuts	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Forward Punch	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Salt Shaker	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Forward with Press Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Side to Side	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Backward with Curl Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	

Day 3

Exercise	REPS	SET 1	Jump Rope	SET 2	Jump Rope	SET 3	Stick Work
Press Ups	10	<input type="text"/>	Jump Rope for (2) Minutes	<input type="text"/>	Jump Rope for (2) Minutes	<input type="text"/>	Stick Work for (10) Minutes
Open the Door	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Upper Cuts	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Forward Punch	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Salt Shaker	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Forward with Press Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Side to Side	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	
Lunge Backward with Curl Up	10	<input type="text"/>		<input type="text"/>		<input type="text"/>	

Go Saints! Work Hard! Push Yourself to be Your Best!