

Farmington Band Summer Conditioning Program

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
		19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
			10 Jumping jacks, 10 Two Side Shuffles hit the ground, 10 heel kicks w/ arms, 10 mountain climbers, 30s rest, 20 min	Duck walk, split squat, plank bear, pushup, plank-pike, 1/1-1r, increase by 1 rep each time, 20min	4min jog, 2min run, 4min jog, 2min run, 4min walk	30 Crunches, 20 lunges, 10 Inverted pushups, 20 tricep dips, 30 tin soldiers, 1min rest, 20min	10 Jumping jacks, 10 Two Side Shuffles hit the ground, 10 heel kicks w/ arms, 10 mountain climbers, 30s rest, 20 min	
		26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
			Kicks w/ arms, skater jumps, jumping jacks, plank jacks, side shuffle hit floor, 45s/15s-1min, 3x	Duck walk, split squat, plank bear, pushup, plank-pike, 10e-10e-10-10-10, decrease by 1 rep each time, 20 min	4min jog, 3min run, 4min jog, 4min run, 4min walk	Squats, Alt. lunges, S5 jumps, squat jumps, 1min plank, 20-20-20-10-1min, 20 min		Timed Mile
		3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	Parade camp T-F AM: No added abs		Plank jacks, Squat jumps, 2 push-ups/4 jacks, heel kicks w/ pop-out, 10-10-5-10-30s rest, 20min	Circuit in Rehearsal**	5min jog, 5min run, 5min jog, 5min walk	Shoulder pushups, tricep dips w/ bent legs, metered calf raises, metered squats, glute bridge, 10-10-10-10-10, 10/30, 3x-20min		Farmington City Parade
	Morning rehearsals 3x/wk, Guard and Percussion camps M-F	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
			Glute bridge, squats, pushups, high knees, tin soldiers, 30-20-10-20-30, 2x-20min	Clock lunges, split squats, plank to bear, pushups, plank to pile, 5-10-10-10-10, 10/30, 3x-20min	5min jog, 5min run, 10min jog	Spiderman pushups, straight leg tricep dips, single leg calf raises, hip lift w/ extended leg, kang squats, 10-10-10e-5e-10, 10/30, 3x-20min		Tag Day Fundraiser
	Band Camp M-F: No added abs	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
			Circuit in Rehearsal***					Days of '47 Parade
	Morning Rehearsals 3x/wk	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
			Jumping jacks, Split stance jumps, mountain climbers, burpees, 10-5-10-5, 30s rest, 20 min	Clock lunges, metered squats, burpees, bent leg tricep dips, skater jumps, 2-5-5-10-6, 30s, 20min	5min jog, 10min run, 5min jog	Inchworm-pushup, split squat, cossack squat, shoulder pushups, 30sec plank, 5-5e-5e-10, 30s, 30s, 20min	Jumping jacks, Split stance jumps, mountain climbers, burpees, 10-5-10-5, 30s rest, 20 min	Timed Mile
	Morning Rehearsals 3x/wk	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
			High knees-tuck, skater, jumps, butt kicks, Mountain climber, 2 pushups/4 jacks, 45s/15s-1min, 3x	Forward/backward lunges, metered squat, cossack squat 1-r, wide pushup, plank w/ shoulder tap 1-r, 10e-10-10e-10-10e, decrease by 1 rep each time, 20 min	10min run, 5min jog, 5min run	Shoulder pushups, bent leg tricep dips, calf raises on a step, metered squats, glute bridge, 10-10-10-10-10, decrease by 1 rep each time, 20 min	Burpees, jump squats, bicycle crunch, mountain climbers, jumping lunges, pushups, jumping jacks, 30s/10s, 20min	
	Morning Rehearsals 3x/wk	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
			Butt kicks, leg lifts, burpees, spiderman pushups, side planks, 30-20-10-20-30, 2x	Forward/backward lunges, metered squats, cossack squats, wide pushups, plank w/ shoulder taps, 5e-10-5e-10-10, 10/30, 3x-20min	5min jog, 15min run, 5min walk	Incline pushup, single leg tricep dips, calf raises in parallel-out, single leg lunge, split squat, 10-5e-10e-5e-5e, 10/30, 3x-20min	Butt kicks, leg lifts, burpees, spiderman pushups, side planks, 30-20-10-20-30, 2x	Timed Mile
	Pre-Game Camp M-F: No added abs	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
			Circuit in Rehearsal**	Forward/backward lunges, metered squat, cossack squat 1-r, wide pushup, plank w/ shoulder tap 1-r, 1e-1-1e-1-1e, increase by 1 rep each time, 20min	20min run, 5min walk	Spiderman pushups, straight leg tricep dips, single leg calf raises, hip lift w/ extended leg, kang squats, 10-10-10e-5e-10, decrease by 1 rep each time (every other time for hip lifts), 20 min	High knees-tuck, skater jumps, butt kicks, Mountain climber, 2 pushups/4 jacks, 45s/15s-1min, 3x	
								Plank, hollow hold, sit-ups, side plank 1/2, 30s, 2x
								Plank reach, flutter kicks, runner 5 sit-ups, leg lifts, fat bear crawl, 30s, 2x
								Plank rotations, v-ups, deadbugs, starfish side plank 1/2, 30s, 2x
								Plank up-downs, pile toe touch, sit through, feet elevated side plank 1/2, 30s, 2x
								Shoulder-shoulder-hip-hip-knee-line, hollow hold, power stumps, leg crosses, plank rotations, 30s, 2x
								Ball-extend-lower, sit-up punch, deadbug, side plank 1/2, 30s, 2x