Farmington Band Summer Conditioning Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
21-May	22-May	23-May	24-May	25-May	26-May	27-May	
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	
4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	
11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	
18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	
25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	
2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	
9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	
16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	
23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Kicks w/ arms, skater jumps, jumping jacks, plank jacks, side shuffle hit floor, 45s/15s-1min, 3x	10 Jumping Jacks, 10 Two Side Shuffles hit the ground, 10 heel kicks w/ arms, 10 mountain climbers, 30s rest, 20 min					
	Clock lunges, split squats, plank to bear, pushups, plank to pike, 5-10-10-10-10, 10/30, 3x-20min	Duck walk, split squat, plank-bear, pushup, plank-pike, 1/1l-r, increase by 1 rep each time, 20min					
	4min jog, 3min run, 4min jog, 4min run, 4min walk	4min jog, 2min run, 4min jog, 2min run, 4min walk					
	Squats, Alt. lunges, SS jumps, squat jumps, 1min plank, 20-20-20-10-1min, 20 min	30 Crunches, 20 lunges, 10 inverted pushups, 20 tricep dips, 30 tin soldiers, 1min rest, 20min					
	Kicks w/ arms, skater jumps, jumping jacks, plank jacks, side shuffle hit floor, 45s/15s-1min, 3x	10 Jumping Jacks, 10 Two Side Shuffles hit the ground, 10 heel kicks w/ arms, 10 mountain climbers, 30s rest, 20 min					
	Plank reach, flutter kicks, runner's sit-ups, leg lifts, lat. bear crawl, 30s, 2x	Plank, hollow hold, sit-ups, side plank l/r, 30s, 2x					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Plank Jacks, Squat jumps, 2 push-ups/4 jacks, heel kicks w/ pop-out, 10-10-5-10-30s rest, 20min						
	Forward/backward lunges, metered squat, cossack squat l-r, wide pushup, plank w/ shoulder tap l-r, 10e-10-10e-10-10e, decrease by 1 rep each time, 20 min						
	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						
	Plank Jacks, Squat jumps, 2 push-ups/4 jacks, heel kicks w/ pop-out, 10-10-5-10-30s rest, 20min						
	Plank rotations, v-ups, deadbugs, starfish side plank l/r, 30s, 2x						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Glute bridge, squats, pushups, high knees, tin soldiers, 30-20-10-20-30, 2x-20min						
	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						
	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						
	Glute bridge, squats, pushups, high knees, tin soldiers, 30-20-10-20-30, 2x-20min						
	Plank rotations, v-ups, deadbugs, starfish side plank l/r, 30s, 2x						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Jumping jacks, Split stance jumps, mountain climbers, burpees, 10-5-10-5, 30s rest, 20 min						
	Forward/backward lunges, metered squats, cossack squats, wide pushups, plank w/ shoulder taps, 5e-10-5e-10-10, 10/30, 3x-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						
	Plank up-downs, pike toe touch, sit through, feet elevated side plank l/r, 30s, 2x						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	High knees+tuck, skater jumps, butt kicks, Mountain climber, 2 pushups/4 jacks, 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						
	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						
	Shoulder-shoulder-hip-hip-knee-knee, hollow hold, power situps, leg crosses, plank rotations, 30s, 2x						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Butt kicks, leg lifts, burpees, spiderman pushups, side planks, 30-20-10-20-30, 2x						
	Clock lunges, metered squats, burpees, bent leg tricep dips, skater jumps, 2-5-5-10-6, 30s, 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						
	Ball-extend-lower, sit-up punch punch, deadbug, side plank l/r, 30s, 2x						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily Abs
	Burpees, jump squats, bicycle crunch, mountain climbers, jumping lunges, pushups, jumping jacks, 30s/10s, 20min						
	Forward/backward lunges, metered squat, cossack squat l-r, wide pushup, plank w/ shoulder tap l-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						
Timed Mile							
	Plank reach, flutter kicks, runner's sit-ups, leg lifts, lat. bear crawl, 30s, 2x						