

BUSHIDO

WATER POLO

Stay at Home Training

5 Weeks of Training

History of the workouts sent out from March 23 to April 26, 2020

Daily Home Workouts

STARTING ON MONDAY, MARCH 23

Bushido Coaches will be publishing **daily** home workouts you can do at home with minimal to no equipment.

We will be sending these out through TeamSnap but we will also be publishing them on the [Bushido Facebook Page](#).

The first workout starts tomorrow (Monday, March 23) and is a bodyweight strength and conditioning program.

Let the coaches know every time you do one of the sessions and send a pic or short video of you doing the works outs to coach@bushidowaterpolo.ca.

You are receiving this message because you are a member of the **Bushido Water Polo** club

Home Workout #1

VIDEO: <https://www.youtube.com/watch?v=DjpGwtRZ46M>

Warm-Up first with 8-10 minutes of arm circles, jumping jacks, running in place and mountain climber stretching.

Perform exercise 1 before moving onto exercise 2 and so on.

Record the time it takes for you to complete the entire program.

Try to beat your time the next time you do it.

Keep note of what you do in a journal.

1. 50 Squats
2. 50 Push-Ups (pick a version you can do 20x)
3. 50 Squat Jumps
4. 50 Side Planks Lifts (25/side)
5. 50 Glute Bridge Marching
6. 50 Bent-Over Rows (if you don't have Dumbbells, fill up your backpack with books)
7. 50 Total Alternating Reverse Lunges
8. 50 Ab Scissors (25/side)

Let the coaches know every time you do one of the sessions and send a pic or short video of you doing the works outs to coach@bushidowaterpolo.ca.

Home Workout #2

Tuesday, March 24 - Walk & Stretch

Part A - Walking x 30 min

- get outside in the sunshine and go for a walk.

Part B - Stretching x 15 min

Follow the stretching exercises in the video.

Perform each exercise 10x each before moving onto the next one and repeat the entire cycle twice. Hold the stretch position for 2-3 seconds.

- 1 Cat-Camel <https://www.youtube.com/watch?v=JJkjlKlimW8>
- 2 Trunk Rotation/Thoracic Spine (5/side) <https://www.youtube.com/watch?v=eYYilBF1oGE>
- 3 Mountain Climber Stretch (5/side) https://www.youtube.com/watch?v=o_PzDku4ecg
- 4 Downward Dog <https://www.youtube.com/watch?v=o6aPDLFYBZE>
- 5 Hip Hinge <https://www.youtube.com/watch?v=8ltttXJl6Bk>

Keep note of what you do in a journal.

Let the coaches know every time you do one of the sessions and send a pic or short video of you doing the works outs to coach@bushidowaterpolo.ca.

PS Want an early start to each day? These daily workouts will be posted first on Bushido's Facebook page in the very early morning before the TeamSnap email goes out.

Home Workout #3

Wednesday, March 25

Part A - Strength

Perform the below exercises as a circuit with no rest between movements.

Repeat 4x

1 Squat Slides x 8 reps/side <https://www.facebook.com/270871202954902/videos/206870407240832/>

2 Push-Ups x 8 reps (find a variation that you can do 10 times) https://www.facebook.com/permalink.php?story_fbid=3628954457146543&id=270871202954902

3 Bent Over Rows with Backpack x 8 reps <https://www.youtube.com/watch?v=P9HVkvG5Cfl> (fill a backpack with books, weights, ...)

4 Mountain Climber Stretch x 8 reps total https://www.youtube.com/watch?v=o_PzDku4ecg

5 REST for 90 seconds

Part B - Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #4

Thursday, March 26

Walk, Run, Bike, Skateboard ... for at least 30 minutes.

Keep note of what you do in a journal.

Feel free to post your pictures or a short video of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #5

Friday, March 27

Mobility Flow - 1

VIDEO: <https://www.facebook.com/270871202954902/videos/208857527194307/>

Try to perform at a steady pace for ...

12U/14U Athletes = 10 minutes

16U+ Athletes = 20 minutes

Hip Hinge >>> Squat >>> Push Up Hold >>> Mountain Climber Stretch >>> Push Up (optional) >>> Downward Dog >>> Squat >>> Stand & Shake it Out for a few seconds and start again

Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #6 and #7

Saturday, March 28 & Sunday, March 29

Walk, Run, Bike, Skateboard ... for at least 30 minutes.

Keep note of what you do in a journal.

Post your pictures or a short video of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #8

Monday, March 30

Warm-Up first with 8-10 minutes of arm circles, jumping jacks, running in place and mountain climber stretching.

PART A - STRENGTH

Perform the below exercises as a circuit with no rest between movements 1 & 2 and 3 & 4.

Repeat 3x

1 Dead Bug x 20 reps <https://www.facebook.com/270871202954902/videos/2632871086993083/>

2 Chair Squats x 20 reps <https://www.youtube.com/watch?v=Glz1C3yfE1s>
- make it harder by pausing for 2-5 seconds when you are just barely touching the chair.
- also, make it harder by using a chair or bench that is lower; i.e. increasing difficulty by increasing your range of motion (ROM).

REST for 90 seconds

3 Dead Bug x 20 reps <https://www.facebook.com/270871202954902/videos/2632871086993083/>

4 Push-Ups x 20 reps (find a variation that you can do for 20-25 times in a row)
https://www.facebook.com/permalink.php?story_fbid=3628954457146543&id=270871202954902

REST for 90 seconds

PART B - BALL HANDLING & SHOOTING MOTION

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist Passing x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #9

Tuesday, March 31

Walk, Run, Bike, Skateboard ... for at least 30 minutes.

Keep note of what you do in a journal.

Post your pictures or a short video of you training on the [Bushido Facebook page](#).

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #10

Wednesday, April 1

Warm-Up first with 8-10 minutes of arm circles, jumping jacks, running in place and mountain climber stretching.

PART A - STRENGTH & CONDITIONING

You need an interval timer for this one.

This is the one I use:

<https://apps.apple.com/ca/app/gymboss-interval-timer/id500887448>

https://play.google.com/store/apps/details?id=com.halcyoni.gymboss2&hl=en_CA

Create an interval timer of **30s on / 30s off** x 24 rounds

Perform the below exercises as a circuit. Do one 30s set of exercise #1 and during the rest period get ready for exercise #2 and so on.

Repeat entire circuit 3-4x.

1 Front Plank from Forearms <https://www.youtube.com/watch?v=GofIPzSrdKc>

2 Jumping Jacks - focus on the lower body, arms just need to come to shoulder height.

3 Dead Bug <https://www.facebook.com/270871202954902/videos/2632871086993083/>

4 Jump Squats <https://www.youtube.com/watch?v=fNCf0MCnzVI&list=PL92arszCoDnNk1dafwmh7Tpssm0f5Nv20&index=3>

5 Glute Bridge March with Knee Extension - keep hips up for entire set.
<https://www.youtube.com/watch?v=75pqBuUplA&list=PL92arszCoDnNk1dafwmh7Tpssm0f5Nv20&index=5>

6 Bent Over Rows with Backpack x 8 reps <https://www.youtube.com/watch?v=P9HVkvG5Cfl> (fill a backpack with books, weights, ...)

PART B - BALL HANDLING & SHOOTING MOTION

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist Passing x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #11

Thursday, April 2

Snow is coming but still get out and go for a Walk for at least 30 minutes.

Make a snow fort or snowman.

Shovel the side walks around your home:)

Keep note of what you do in a journal.

Post your pictures or a short video of you training on the [Bushido Facebook page](#).

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #12

Friday, April 3

From Sport Manitoba:

<https://www.facebook.com/196054110441291/videos/531622101090276/>

No equipment? No problem! Try this simple but effective 15-minute stair workout:

- 3 Quick Feet Up Stairs
- 5 Push-ups
- 5 Lunge Steps
- 1/Side Sumo Squat Up Stairs
- 30 Sec Plank Hold
- 5/Side Crossing Step Up
- 3 Quick Feet Up Stairs

Rest, Water

Repeat 2-5 times

Keep note of what you do in a journal.

Post your pictures or a short video of you training on the [Bushido Facebook page](#).

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #13 and #14

Saturday, April 4 & Sunday, April 5

Part I

Lots of snow out there, but still see if you can **get outside** and **be active for at least 30 minutes**.

Ideas: Walking, Shovelling Snow, Tobogganing, cross-country skiing ...

Part II

Read these articles in preparation for next week's training program. We will be stepping things up a notch (or making it easier) and using the fact we are stuck at home all day to our advantage.

https://www.precisionnutrition.com/trigger-workouts?utm_source=instagram&utm_medium=social&utm_campaign=apr20launch-apr2020

<https://www.acefitness.org/education-and-resources/lifestyle/blog/548/do-mini-workouts-throughout-the-day-provide-the-same-benefit-as-one-continuous-workout/>

<https://www.livestrong.com/article/445237-one-workout-vs-several-short-workouts/>

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #15

Monday, April 6

Part I - Daily Walking

Get outside and accumulate **at least 30 minutes** of walking.

Could be done all at once or in two parts.

Part II - All Day Training:)

All this week we will be focusing on fitting in **many bite-size training snacks** throughout each day. You can read about why this is beneficial in the articles found at the end of this message (I shared these a few days ago).

Every 60 minutes or so complete the following.

1. Mountain Climber Stretch x 10 reps (5/side)

- hold the stretch position for 2-3 seconds

2. Push-Ups x 10 reps

- pick a version you can do 15-20 times.
- you can also fill up your backpack with books ... and of course wear it to make the Push-Ups harder.

3. Squats x10 reps

- pick a load you can do 15-20 times.
- fill up a backpack with books, canned food, water bottles, cat litter, Dog Food ... and bear hug it while you Squat.

Videos/Pictures of the exercises: https://www.facebook.com/permalink.php?story_fbid=3685769768131678&id=270871202954902

How many total reps of each exercise can you get completed throughout the day?

100 reps of each movement is a good number to shoot for.

You should be able to breeze through each exercise with relative ease and it should never become an issue if you are going to be able to get the 10 reps or not.

This is why you want to pick a load you can do 15-20 times and use that load for the whole day.

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Articles with additional Information.

https://www.precisionnutrition.com/trigger-workouts?utm_source=instagram&utm_medium=social&utm_campaign=apr20launch-apr2020

<https://www.acefitness.org/education-and-resources/lifestyle/blog/548/dominant-workouts-throughout-the-day-provide-the-same-benefit-as-one-continuous-workout/>

<https://www.livestrong.com/article/445237-one-workout-vs-several-short-workouts/>

Home Workout #16

Tuesday, April 7

Part I - Daily Walking

Get outside and accumulate **at least 30 minutes** of walking.

Could be done all at once or in two parts.

Part II - All Day Training:)

All this week we will be focusing on fitting in **many bite-size training snacks** throughout each day. You can read about why this is beneficial in the articles links send in yesterdays workout.

Every 60 minutes or so complete the following.

1. Hip Hinge x 10 reps

- hold the stretch position for 2-3 seconds
- feel a nice stretch in your hamstrings (back of your thighs) with your back neutral & weight on your heels. You should be able to wiggle your toes.
- <https://www.youtube.com/watch?v=8ltttXJI6Bk>

2. Dead Bugs x 10 reps

- <https://www.facebook.com/270871202954902/videos/2632871086993083/>

3. Single Arm Rows x 10 reps/side

- pick a load you can do 15-20 times.
- fill up a backpack with books, canned food, water bottles, cat litter, Dog Food ... same as using a Dumbbell but if you don't have dumbbells or other weights at your home use a backpack.
- <https://www.youtube.com/watch?v=roCP6wCXPqo>

Facebook Post: https://www.facebook.com/permalink.php?story_fbid=3689179697790685&id=270871202954902

How many total reps of each exercise can you get completed throughout the day?

100 reps of each movement is a good number to shoot for.

You should be able to breeze through each exercise with relative ease and it should never become an issue if you are going to be able to get the 100 reps or not.

This is why you want to pick a load you can do 15-20 times and use that load for the whole day.

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #17

Wednesday, April 8

Part I - Daily Walking

Get outside and accumulate **at least 30 minutes** of walking.

It could be done all at once or in two parts.

Part II - All Day Training:)

We continue this week on fitting in **many bite-size training snacks** throughout each day.

Every 60 minutes or so complete the following.

1. Mountain Climber Stretch x 10 reps (5/side)

- hold the stretch position for 2-3 seconds

2. Push-Ups x 10 reps

- pick a version you can do 15-20 times.

- you can also fill up your backpack with books ... and of course, wear it to make the Push-Ups harder.

3. Squats x10 reps

- pick a load you can do 15-20 times.

- fill up a backpack with books, canned food, water bottles, cat litter, Dog Food ... and bear hug it while you Squat.

Videos/Pictures of the exercises: https://www.facebook.com/permalink.php?story_fbid=3685769768131678&id=270871202954902

How many total reps of each exercise can you get completed throughout the day?

100 reps of each movement is a good number to shoot for.

You should be able to breeze through each exercise with relative ease and it should never become an issue if you are going to be able to get the 10 reps or not.

This is why you want to pick a load you can do 15-20 times and use that load for the whole day.

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #18

Thursday, April 9

Part I - Daily Walking

Get outside and accumulate **at least 30 minutes** of walking.

It could be done all at once or in two parts.

Part II - All Day Training:)

All this week we will be focusing on fitting in **many bite-size training snacks** throughout each day.

Every 60 minutes or so complete the following.

1. Hip Hinge x 10 reps

- hold the stretch position for 2-3 seconds
- feel a nice stretch in your hamstrings (back of your thighs) with your back neutral & weight on your heels. You should be able to wiggle your toes.
- <https://www.youtube.com/watch?v=8ltttXJl6Bk>

2. Dead Bugs x 10 reps

- <https://www.facebook.com/270871202954902/videos/2632871086993083/>

3. Single Arm Rows x 10 reps/side

- pick a load you can do 15-20 times.
- fill up a backpack with books, canned food, water bottles, cat litter, Dog Food ... same as using a Dumbbell but if you don't have dumbbells or other weights at your home use a backpack.
- <https://www.youtube.com/watch?v=roCP6wCXPqo>

Facebook Post: https://www.facebook.com/permalink.php?story_fbid=3695430197165635&id=270871202954902

How many total reps of each exercise can you get completed throughout the day?

100 reps of each movement is a good number to shoot for.

You should be able to breeze through each exercise with relative ease and it should never become an issue if you are going to be able to get the 100 reps or not.

This is why you want to pick a load you can do 15-20 times and use that load for the whole day.

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #19

Friday, April 10

Part I - Daily Walking

Get outside and accumulate **at least 30 minutes** of walking.

It could be done all at once or in two parts.

Part II - All Day Training:)

All this week we will be focusing on fitting in **many bite-size training snacks** throughout each day. You can read about why this is beneficial in the articles found at the end of this message (I shared these a few days ago).

Every 60 minutes or so complete the following.

1. Mountain Climber Stretch x 10 reps (5/side)

- hold the stretch position for 2-3 seconds

2. Push-Ups x 10 reps

- pick a version you can do 15-20 times.

- you can also fill up your backpack with books ... and of course, wear it to make the Push-Ups harder.

3. Squats x10 reps

- pick a load you can do 15-20 times.

- fill up a backpack with books, canned food, water bottles, cat litter, Dog Food ... and bear hug it while you Squat.

Videos/Pictures of the exercises: https://www.facebook.com/permalink.php?story_fbid=3698148843560437&id=270871202954902

How many total reps of each exercise can you get completed throughout the day?

100 reps of each movement is a good number to shoot for.

You should be able to breeze through each exercise with relative ease and it should never become an issue if you are going to be able to get the 10 reps or not.

This is why you want to pick a load you can do 15-20 times and use that load for the whole day.

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #20 and #21

Saturday, April 11 & Sunday, April 12

In the next day or so I will be emailing a short survey for parents and athletes to find out more information about your situation with home training, staying active and being healthy.

Part I

Lots of snow out there, but still see if you can **get outside** and **be active for at least 30 minutes**.

Ideas: Walking, Shovelling Snow, Tobogganing, cross-country skiing ...

Part II

Watch this video for training ideas from the Canadian Women's National Team.

CAN Women's National Team "At-home" Drills

https://www.youtube.com/watch?v=Qb9FTi5hzME&feature=youtu.be&fbclid=IwAR1PJjGMx9qn-jMES0PYqwuhGJErV_1oSt1DI2BR7O9q8THu9ABSgJj3Zc

Keep note of what you do in a journal.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [facebook](#) post for this workout.

Home Workout #22

Monday, April 13

Part I

Get outside and be active for at least 30 minutes.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II

After warming up do the following circuit with an interval timer set to 30 seconds ON / 30 seconds OFF.

Perform as many controlled reps as you can in 30 seconds. During the rest period, get ready for the next exercise.

3x through entire circuit for a total of 30 minutes.

1. Split Squats (left leg forward)
2. Side Plank - left side (hold for 30s)
3. Split Squats (right leg forward)
4. Side Plank - right side (hold for 30s)
5. Squats
6. Push-Ups (pick a version you can do about 20 times)
7. Bent Over Row with Backpack (pick a load you can do about 20 times)
8. Dead-Bug
9. Ankle Hops
10. Glute Bridge (2 legs, up and down)

https://www.facebook.com/permalink.php?story_fbid=3709318992443422&id=270871202954902

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #23

Tuesday, April 14

Part I - Get Outside

Get outside and be active for at least 30 minutes.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - "Become a Student of the Game"

Check out the below resources to improve your ball handling skills and increase your Water Polo IQ.

Coach Mike - on Land Ball Handling & Passing Drills

<https://www.youtube.com/watch?v=kTXv3VuPm7A&t>

PS check with your parents if there is a wall you can use in or around your home to do these drills.

"You need to become a student of the game"

Great athletes aren't just fit and strong.

They are smart and know what is going on in and out of the pool.

This is a great time to increase your education.

Check out these free seminars.

<http://tonyazevedo.com/virtual-water-polo-seminars>

Water Polo World - Facebook page

https://www.facebook.com/groups/1651430125086315/?ref=group_header

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #24

Wednesday, April 15

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Circuit Training

Warm-Up first with 8-10 minutes of arm circles, jumping jacks, running in place and mountain climber stretching.

Record the time it takes for you to complete the entire program.

Try to beat your time the next time you do it.

Complete this circuit 3-5 times in a row.

1. 10 Squats
2. 10 Push-Ups (pick a version you can do 20x)
3. 10 Squat Jumps
4. 10 Side Planks Lifts/side
5. 10 Glute Bridge Marching (total)
6. 10 Bent-Over Rows (if you don't have Dumbbells, fill up your backpack with books)
7. 10 Total Alternating Reverse Lunges
8. 10 Ab Scissors (25/side)
9. REST x 1 minute

All the exercises are demonstrated in this video: <https://www.youtube.com/watch?v=DjpGwtRZ46M>

Part III - Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist Passing x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #25

Thursday, April 16

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Mobility (~15 minutes)

Perform each exercise 10x each before moving onto the next one and repeat the entire cycle twice. Hold the stretch position for 2-3 seconds.

10x of each Exercise; 2x through

- 1 Cat-Camel <https://www.youtube.com/watch?v=JJkjlKlimW8>
- 2 Trunk Rotation/Thoracic Spine (5/side) <https://www.youtube.com/watch?v=eYYiIBF1oGE>
- 3 Mountain Climber Stretch (5/side) https://www.youtube.com/watch?v=o_PzDku4ecg
- 4 Downward Dog <https://www.youtube.com/watch?v=o6aPDLFYBZE>
- 5 Hip Hinge <https://www.youtube.com/watch?v=8ltttXJI6Bk>

Part III - Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist Passing x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #26

Friday, April 17

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Mobility & Conditioning (16 minutes)

Perform each exercise for 30 seconds followed by 30 seconds rest.

During the rest period get ready to do the next exercise.

Repeat the entire circuit 3x.

Hold the stretch position for 2-3 seconds for exercises #1 and #2.

30 seconds ON / 30 seconds OFF; 4x through

- 1 Mountain Climber Stretch https://www.youtube.com/watch?v=o_PzDku4ecg
- 2 Downward Dog <https://www.youtube.com/watch?v=o6aPDLFYBZE>
- 3 Squats <https://www.youtube.com/watch?v=oMU-pG9kNls>
- 4 4-Point to 2-Point Balance <https://www.facebook.com/michaelreid.ca/videos/585543162083557/>

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #27 & #28

Saturday, April 18 and Sunday, April 19

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Hanging for Shoulder Health

One stretching exercise Coach Mike does every day.

Hanging for Shoulder Health Video

[https://www.youtube.com/watch?
time_continue=10&v=tD4kBx2T_ZA&feature=emb_title](https://www.youtube.com/watch?time_continue=10&v=tD4kBx2T_ZA&feature=emb_title)

Chin Up bars are great for hanging on but you can find any ledge, rafter ... you can hold to reap all the benefits.

Over the course of the weekend, test it out and do several times throughout the day.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #29

Monday, April 20

These home workouts are for everyone (athletes and parents) to give a try. They are especially more relevant for the 14U and Older athlete and are designed with these older athletes in mind

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Mobility and Ball Work

1) Mobility Flow #1

VIDEO: <https://www.facebook.com/270871202954902/videos/208857527194307/>

Perform at a steady pace for a total of 20 minutes.

Try splitting it up into 4 x 5-minute segments with a minute rest or 2 x 10-minute segments.

Hip Hinge >>> Squat >>> Push Up Hold >>> Mountain Climber Stretch >>> Push Up (optional) >>> Downward Dog >>> Squat >>> Stand & Shake it Out for a few seconds and start again

2) Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #30

Tuesday, April 21

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Hanging for Shoulder Health

One stretching exercise Coach Mike does every day.

Hanging for Shoulder Health Video

[https://www.youtube.com/watch?
time_continue=10&v=tD4kBx2T_ZA&feature=emb_title](https://www.youtube.com/watch?time_continue=10&v=tD4kBx2T_ZA&feature=emb_title)

Chin Up bars are great for hanging on but you can find any ledge, rafter ... you can hold to reap all the benefits.

Over the course of the weekend, test it out and do several times throughout the day.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #31

Wednesday, April 22

Part A - Strength

Perform the below exercises as a circuit with no rest between movements.

Repeat 4x

1 Squat Slides x 8 reps/side <https://www.facebook.com/270871202954902/videos/206870407240832/>

2 Push-Ups x 8 reps (find a variation that you can do 10 times) https://www.facebook.com/permalink.php?story_fbid=3628954457146543&id=270871202954902

3 Bent Over Rows with Backpack x 8 reps <https://www.youtube.com/watch?v=P9HVkvG5Cfl> (fill a backpack with books, weights, ...)

4 Mountain Climber Stretch x 8 reps total https://www.youtube.com/watch?v=o_PzDku4ecg

5 REST for 90 seconds

Part B - Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

Keep note of what you do in a journal.

Feel free to post your pictures or short videos of you training on the Bushido Facebook page.

Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #32

Thursday, April 23

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Hanging for Shoulder Health

One stretching exercise Coach Mike does every day.

Hanging for Shoulder Health Video

[https://www.youtube.com/watch?
time_continue=10&v=tD4kBx2T_ZA&feature=emb_title](https://www.youtube.com/watch?time_continue=10&v=tD4kBx2T_ZA&feature=emb_title)

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Over the course of the weekend, test it out and do several times throughout the day.

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Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #33

Friday, April 24

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Tabata Squats

First, warm-up with some mobility and movement.

1. Mountain Climber Stretch x 5/side
2. Downward Dog x 5 reps
3. Shoulder Hang for 2-3 sets of 10-30s

You will do squats for 8 x [20s on/10s off].

It's short but to get the most out of it, you need to go super hard.

Watch the video for inspiration and you can also use the video to follow along as they do the whole work out.

<https://www.youtube.com/watch?v=uQH-K-j9Yig>

Good Luck:)

Part III - Ball Handling & Shooting Motion

Rest as needed between these 2 exercises and between sets.

Don't have a Water Polo Ball? You can use volleyball, basketball, soccer ball, ...

Repeat 4x

1 Wrist Passing x 8 reps/arm https://www.facebook.com/permalink.php?story_fbid=3615329411842381&id=270871202954902

2 Towel Drill from Half-Kneeling x 8 reps/arm https://www.youtube.com/watch?v=DZ0WFyhG_to (place padding underneath your back knee)

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Got questions? Post them to the [Facebook](#) post for this workout.

Home Workout #34 & #35

Saturday, April 25 and Sunday, April 26

Part I - Get Outside

Get outside and **be active** for at least **30 minutes**.

Ideas: Walking, Biking, Skateboarding, Yard Work ...

Part II - Hanging for Shoulder Health

One stretching exercise Coach Mike does every day.

Hanging for Shoulder Health Video

[https://www.youtube.com/watch?
time_continue=10&v=tD4kBx2T_ZA&feature=emb_title](https://www.youtube.com/watch?time_continue=10&v=tD4kBx2T_ZA&feature=emb_title)

Chin Up bars are great for hanging on but you can find any ledge, rafter ... you can hold to reap all the benefits.

Over the course of the weekend, test it out and do several times throughout the day.

Post your pictures or a short video of your training on the [Bushido Facebook page](#).

Got questions? Post them to the [Facebook](#) post for this workout.