

2021/2022 – Panther Summer Workout Schedule:

| Sunday (Chest & Stretch) | Monday (Legs & Core) | Tuesday (Chest & Stretch) | Wednesday (Legs & Core) | Thursday (Chest & Stretch) | Friday (Stretch) | Saturday (Legs, Core, Stretch) |
|--|---|---|--|--|---|---|
| | | June 1 | 2 | 3 | 4 | 5 |
| | | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-13 - Military-13 - Wide-13 - Staggered-6 each <p>-Cardio: Workout Video #T1</p> | <p>-Speed Ladder Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Legs (2 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (30 seconds) - Lunges (30 each leg) - Squats-30 <p>-Core (2 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 30 seconds - Left Forearm and Right Forearm Plank – 30 seconds each - Sit-Ups-30 <p>-Cardio (2 Sets):</p> <ul style="list-style-type: none"> - Burpees –30 seconds <p>-Run:</p> <ul style="list-style-type: none"> - 5 minute run | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -2x:</p> <ul style="list-style-type: none"> - Morning - Night <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-13 - Military-13 - Wide-13 - Staggered-6 each <p>Cardio: Workout Video #R1</p> | <p>-Speed Ladder-Agility Ladder Drills</p> <p>-Stretch Routine -3x</p> <ul style="list-style-type: none"> - Morning - Afternoon - Night | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (20 seconds) - Lunges-15 each leg - Squats-20 <p>-Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 20 Seconds - Left Forearm & Right Forearm Plank – 20 Seconds each - Sit-ups – 20 <p>-Cardio (2 Sets):</p> <ul style="list-style-type: none"> - Burpees – 30 seconds <p>-Run:</p> <ul style="list-style-type: none"> - 5 minute run |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine – 2x – Morning & Night</p> <p>-Push-ups (3 sets):</p> <ul style="list-style-type: none"> - Standard-10 - Military-10 - Wide-10 - Staggered-5 each | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -1x</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (30 seconds) - Lunges-20 each leg - Squats-25 <p>-Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank - 25 seconds | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-15 - Military-15 - Wide-15 - Staggered-8 each <p>-Cardio: Workout Video T2</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Legs (2 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (45 seconds) - Lunges (30 each leg) - Squats-38 <p>-Core (2 Sets):</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -2x:</p> <ul style="list-style-type: none"> - Morning - Night <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-13 - Military-13 - Wide-13 - Staggered-6 each | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -3x:</p> <ul style="list-style-type: none"> - Morning - Afternoon - Night | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -1x</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (30 seconds) - Lunges-20 each leg - Squats-25 <p>-Core (3 Sets):</p> |

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|---|--|---|---|--|--|--|
| Cardio: Workout Video S#1 | <ul style="list-style-type: none"> - Left Forearm & Right Forearm Plank – 25 Seconds each - Sit-ups – 25 -Cardio (2 Sets): <ul style="list-style-type: none"> - Burpees -40 seconds -Run: <ul style="list-style-type: none"> - 6 minute run | | <ul style="list-style-type: none"> - Front Plank – 38 seconds - Left Forearm and Right Forearm Plank – 38 seconds each - Sit-Ups-38 Cardio (2 Sets): <ul style="list-style-type: none"> - Burpees -40 seconds -Run: 6 minute run | -Cardio: Workout Video R2 | | <ul style="list-style-type: none"> - Front Plank - 25 seconds - Left Forearm & Right Forearm Plank – 25 Seconds each - Sit-ups – 25 -Cardio (2 Sets): <ul style="list-style-type: none"> - Burpees -40 seconds -Run: 1 mile run |
| 13 | 19 | 15 | 16 | 17 | 18 | 19 |
| -Speed Ladder -Agility Ladder Drills - Stretch Routine – 2x – Morning & Night -Push-ups (3 sets): <ul style="list-style-type: none"> - Standard-15 - Military-15 - Wide-15 - Staggered-8 each -Cardio: Workout Video S#2 | -Speed Ladder – Agility Ladder Drills - Stretch Routine -1x -Legs (3 Sets): <ul style="list-style-type: none"> - Wall Sits (40 seconds) - Lunges-25 each leg - Squats-30 -Core (3 Sets): <ul style="list-style-type: none"> - Front Plank – 30 Seconds - Left Forearm & Right Forearm Plank – 30 Seconds each - Sit-ups – 30 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -30 seconds -Run: 7 minute run | -Speed Ladder – Agility Ladder Drills - Stretch Routine -Push-Ups (2 Sets): <ul style="list-style-type: none"> - Standard-23 - Military-23 - Wide-23 - Staggered-12 each -Cardio: Workout Video T3 | -Speed Ladder- Agility Ladder Drills - Stretch Routine -Legs (2 Sets): <ul style="list-style-type: none"> - Wall Sits (60 seconds) - Lunges-38 each leg - Squats-45 -Core (2 Sets): <ul style="list-style-type: none"> - Front Plank – 53 seconds - Left Forearm and Right Forearm Plank – 53 seconds each - Sit-Ups-53 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -30 seconds -Run: 7 minute run | -Speed Ladder – Agility Ladder Drills - Stretch Routine (2x) -Push-Ups (2 Sets): <ul style="list-style-type: none"> - Standard-23 - Military-23 - Wide-23 - Staggered-12 each -Cardio: Workout Video R3 | -Speed Ladder – Agility Ladder Drills - Stretch Routine -3x: <ul style="list-style-type: none"> - Morning - Afternoon - Night -Cardio: Workout Video F3 | -Speed Ladder – Agility Ladder Drills - Stretch Routine -1x -Legs (3 Sets): <ul style="list-style-type: none"> - Wall Sits (40 seconds) - Lunges-25 each leg - Squats-30 -Core (3 Sets): <ul style="list-style-type: none"> - Front Plank – 30 Seconds - Left Forearm & Right Forearm Plank – 30 Seconds each - Sit-ups – 30 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -30 seconds -Run: 7 minute run |

2021/2022 – Panther Summer Workout Schedule:

| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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| <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine – 2x – Morning & Night</p> <p>-Push-ups (3 sets):</p> <ul style="list-style-type: none"> - Standard-18 - Military-18 - Wide-18 - Staggered-9 each <p>-Cardio: Workout Video S#3</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -1x</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (45 seconds) - Lunges-30 each leg - Squats-30 <p>-Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 40 Seconds - Left Forearm & Right Forearm Plank – 40 Seconds each - Sit-ups – 40 <p>-Cardio (3 Sets):</p> <ul style="list-style-type: none"> - Burpees -40 seconds <p>-Run: 8 minute run</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-27 - Military-27 - Wide-27 - Staggered-14 each <p>-Cardio: Workout Video T4</p> | <p>-Speed Ladder- Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Legs (2 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (75 seconds) - Lunges-45 - Squats-60 <p>-Core (2 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 60 seconds - Left Forearm and Right Forearm Plank – 60 seconds each - Sit-Ups-60 <p>-Cardio (3 Sets):</p> <ul style="list-style-type: none"> - Burpees -40 seconds <p>-Run: 8 minute run</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -2x:</p> <ul style="list-style-type: none"> - Morning - Night <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-27 - Military-27 - Wide-27 - Staggered-14 each <p>-Cardio: Workout Video R4</p> | <p>-Speed Ladder (3x) – Agility Ladder Drills</p> <p>-Stretch Routine -3x:</p> <ul style="list-style-type: none"> - Morning - Afternoon - Night <p>-Cardio: Workout Video F4</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -1x</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (45 seconds) - Lunges-30 each leg - Squats-30 <p>Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 40 Seconds - Left Forearm & Right Forearm Plank – 40 Seconds each - Sit-ups – 40 <p>-Cardio (3 Sets):</p> <ul style="list-style-type: none"> - Burpees -40 seconds <p>-Run: 8 minute run</p> |
| 27 | 28 | 29 | 30 | July 1 | 2 | 3 |
| <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine – 2x – Morning & Night</p> <p>-Push-ups (3 sets):</p> <ul style="list-style-type: none"> - Standard-20 - Military-20 - Wide-20 - Staggered-10 each <p>-Cardio (2x): Workout Video S#3</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine – 2x – Morning & Night</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (50 seconds) - Lunges-35 each leg - Squats-35 <p>-Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 40 Seconds | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-30 - Military-30 - Wide-30 - Staggered-15 each <p>-Cardio (2x): Workout Video T4</p> | <p>-Speed Ladder- Agility Ladder Drills</p> <p>-Stretch Routine</p> <p>-Legs (2 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (75 seconds) - Lunges-45 - Squats-60 <p>-Core (2 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 70 seconds - Left Forearm and Right Forearm Plank | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine -2x:</p> <ul style="list-style-type: none"> - Morning - Afternoon - Night <p>-Push-Ups (2 Sets):</p> <ul style="list-style-type: none"> - Standard-30 - Military-30 - Wide-30 - Staggered-15 each <p>-Cardio: Workout Video R4</p> | <p>-Speed Ladder(2x) – Agility Ladder Drills</p> <p>-Stretch Routine-3x:</p> <ul style="list-style-type: none"> - Morning - Afternoon - Night <p>-Cardio (2x): Workout Video F4</p> | <p>-Speed Ladder – Agility Ladder Drills</p> <p>-Stretch Routine-1x</p> <p>-Legs (3 Sets):</p> <ul style="list-style-type: none"> - Wall Sits (60 seconds) - Lunges-35 each leg - Squats-35 <p>Core (3 Sets):</p> <ul style="list-style-type: none"> - Front Plank – 40 Seconds - Left Forearm & Right Forearm |

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|---|--|--|--|--|--|--|
| | <ul style="list-style-type: none"> - Left Forearm & Right Forearm Plank – 40 Seconds each - Sit-ups – 40 - Cardio (3 Sets): - Burpees -50 seconds -Run: 9 minute run | | <ul style="list-style-type: none"> - 70 seconds each - Sit-Ups-70 - Cardio (3 Sets): - Burpees -50 seconds -Run: 9 minute run | | | <ul style="list-style-type: none"> Plank – 40 Seconds each - Sit-ups – 40 - Cardio (3 Sets): - Burpees -50 seconds -Run: 9 minute run |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <ul style="list-style-type: none"> - Speed Ladder – Agility Ladder Drills -Stretch Routine – 2x – Morning & Night -Push-ups (3 sets): <ul style="list-style-type: none"> - Standard-25 - Military-25 - Wide-25 - Staggered-13 each -Cardio (3x): Workout Video S#3 | <ul style="list-style-type: none"> -Speed Ladder – Agility Ladder Drills -Stretch Routine – 2x – Morning & Night -Legs (3 Sets): <ul style="list-style-type: none"> - Wall Sits (55 seconds) - Lunges-40 each leg - Squats-40 -Core (3 Sets): <ul style="list-style-type: none"> - Front Plank – 45 Seconds - Left Forearm & Right Forearm Plank – 45 Seconds each - Sit-ups – 45 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -60 seconds -Run: 10 minute run | <ul style="list-style-type: none"> - Speed Ladder – Agility Ladder Drills -Stretch Routine – 2x – Morning & Night - -Push-Ups (2 Sets): <ul style="list-style-type: none"> - Standard-37 - Military-37 - Wide-37 - Staggered-18 each Cardio (3x): Workout Video T4 | <ul style="list-style-type: none"> - Speed Ladder – Agility Ladder Drills -Stretch Routine – 2x – Morning & Night -Legs (2 Sets): <ul style="list-style-type: none"> - Wall Sits (80 seconds) - Lunges-60 - Squats-60 -Core (2 Sets): <ul style="list-style-type: none"> - Front Plank – 70 seconds - Left Forearm and Right Forearm Plank – 70 seconds each - Sit-Ups-70 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -60 seconds -Run: 10 minute run | <ul style="list-style-type: none"> -Speed Ladder – Agility Ladder Drills -Stretch Routine -2x: <ul style="list-style-type: none"> - Morning - Afternoon - Night -Push-Ups (2 Sets): <ul style="list-style-type: none"> - Standard-37 - Military-37 - Wide-37 - Staggered-18 each -Cardio (3x): Workout Video R4 | <ul style="list-style-type: none"> -Speed Ladder(2x) – Agility Ladder Drills -Stretch Routine-3x: <ul style="list-style-type: none"> - Morning - Afternoon - Night -Cardio (3x): Workout Video F4 | <ul style="list-style-type: none"> - Speed Ladder – Agility Ladder Drills -Stretch Routine – 2x – Morning & Night -Legs (3 Sets): <ul style="list-style-type: none"> - Wall Sits (55 seconds) - Lunges-40 each leg - Squats-40 Core (3 Sets): <ul style="list-style-type: none"> - Front Plank – 45 Seconds - Left Forearm & Right Forearm Plank – 45 Seconds each - Sit-ups – 45 -Cardio (3 Sets): <ul style="list-style-type: none"> - Burpees -60 seconds -Run: 10 minute run |