



**MARCHING
HEALTH**



**BACK TO BAND
WORKOUT**

WELCOME!

Welcome! Congratulations on taking a big step towards preparing for your marching season. We want you to realize how much athleticism is required of you in order to march and perform your show safely. Getting ready for the season requires purposeful preparation to make sure you are healthy, fit, and at your best.

The "Back to Band Workout" is designed to prepare you specifically for the demands of marching and playing. Know that you may be sore after working out, and that's okay! This will help you be at your best when Day One of the season begins, rather than trying to acclimate physically when you arrive at your program.

This is a total-body workout and requires only equipment that you likely have at your house. There will be a few exercises that we may use small dumbbells or kettlebells for. If you do not have access to these training tools, use your instrument, a music stand, or another weighted object from home. If there are muscle groups you feel you need to target more of (biceps, for instance) by all means, you add your favorite exercises to these workouts. We want you to get the most out of it!

The "Back to Band Workout" is designed to be completed three days a week with one or two days rest between each workout. You may choose to workout Monday, Wednesday, and Friday, and rest the other days, for example.

There are six workouts, each one corresponding to the week they are to be completed. The workouts progress in intensity, so we recommend that you progress them sequentially. For example, "Workout 1" is to be completed during Week 1 of you beginning the workout.

The goal is to help you begin your fitness journey. Burning muscle pain is your friend, but sharp, shooting pains are not. Use proper technique and focus on the quality of your movements before trying to improve the quantity of reps you can do. You may not be able to do the full workout right away - that's okay! Do what your body is capable of, and do not feel guilty if there are moves you cannot yet complete.

As with any workout, please consult with your physician before beginning the program to make sure you are healthy enough to participate. Marching Health and Dr. Elliot Cleveland are not liable for any injuries or damages that may occur due to your participation in this workout program.

Thank you for investing in yourself by doing these workouts. Health and fitness is a journey. Be patient with yourself, bring a friend to workout with you, and have fun!



WORKOUT 1

3 ROUNDS

ANKLE PUMPS X20



HIGH KNEES X20



BUTT KICKS X20



3 ROUNDS

HIP FLEXION X15



HIP ABDUCTION X15



HIP EXTENSIONS X15



3 ROUNDS

SQUATS X10



SHOULDER PRESS X10



BENT OVER T'S X10



2 ROUNDS

PLANKS X30 SEC



MOUNTAIN CLIMBERS X25 EACH SIDE



3 ROUNDS

RUN 1 MINUTE
WALK 1 MINUTE



WORKOUT 2

3 ROUNDS

ARM CIRCLES X25



JUMPING JACKS X25



HAMSTRING ROCKS X10



2 ROUNDS

SINGLE LEG STANCE
EYES OPEN X30 EACH SIDE



SLS EYES CLOSED
X30 EACH SIDE



SLS EYES OPEN ON TOES
X30 EACH SIDE



2 ROUNDS

HIP FLEXION X30



HIP ABDUCTION X30



HIP EXTENSIONS X30



3 ROUNDS

TALL PLANK X30 SEC



BRIDGES 5 SEC X15



BENT OVER T'S X15



LUNGES X10



5 ROUNDS

RUN 1 MINUTE
WALK 1 MINUTE



WORKOUT 3

3 ROUNDS

CAT-COW X15



MOUNTAIN CLIMBERS X15 EACH SIDE



BIRD DOG 5 SEC HOLD X10 EACH SIDE



SHUFFLES X5 LAPS



3 ROUNDS

TALL PLANK X45 SECONDS



SQUATS X20



3 ROUNDS

ARNOLD PRESSES X10



LUNGES X10 EACH LEG



2 ROUNDS

BICEP CURLS X15



BENT OVER Y'S X10



2 ROUNDS

LATERAL RAISES X10



FRONT RAISES X10



1 ROUND

RUN 1 MILE



WORKOUT 4

1 ROUND

INCH WORMS X2 LAPS



SPIDERMAN LUNGES X2 LAPS



DOWNWARD DOG WITH PUMPS X20 EACH LEG



PAT ON THE BACKS X20



3 ROUNDS

STANDING C'S X10 EACH LEG



FIRE HYDRANTS X10 EACH LEG



1 ROUND

GOBLET SQUATS 3X10 WITH APPROPRIATE RESISTANCE



LUNGES 3X10 EACH LEG



1 ROUND

SHOULDER PRESS 3X10 W/ APPROPRIATE RESISTANCE PUSH UPS 3X10



4 ROUNDS

SPRING 30 SECONDS

WALK 30 SECONDS



WORKOUT 5

3 ROUNDS

JUMPING JACKS X25



SPLIT JACKS X25



HAYMAKERS X25



BUTT KICKS X25



1 ROUND

STAR DRILL X10 EACH LEG



3 ROUNDS

PLANKS X1 MINUTE



BRIDGES 5 SEC HOLD X10



GOBLET SQUATS X10



3 ROUNDS

MASON TWISTS X30 SECONDS



SHUFFLES X30 SECONDS



3 ROUNDS

PUSH UPS X10



SQUAT JUMPS X10



6 ROUNDS

SPRINT 30 SECONDS

WALK 30 SECONDS

1 ROUNDS

WALK 10,000 STEPS EACH DAY



WORKOUT 6

3 ROUNDS

JUMPING JACKS X25



MOUNTAIN CLIMBERS X25 EACH SIDE



BUTT KICKS X20



1 ROUND

35 BURPEES WITH PUSH UPS IN UNDER 5 MINUTES



1 ROUND

RUN 1 MILE

