
Fish out of Water

— Evanston Girls' Water Polo —
Training Manual

Some Things to Keep in Mind....

Find a workout Buddy

Make a music playlist

Hydrate before, during and after

Rest 30-60 seconds between sets

Rest 1-2 minutes between exercises

Log your progress

Stop doing an exercise if in pain

Workouts are personal, if you are unable to do an exercise right then replace it with one you can!

If you need to miss a day it's ok, keep going as soon as possible

Max arm weight: 10 lbs per arm

Stretches

Arm Stretches



Leg Stretches



Before Every Workout

Start every workout with 10-15
minutes of cardio

Mix it Up!

- Running
 - Stairs
 - Biking
 - Elliptical
 - Jump Rope
 - Zumba
 - Skips
 - Burpees
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DIY Weights

1 Gallon of Water= 8 lbs



1 Bag of All Purpose Flour= 5 lbs



1 Large Bottle of Laundry Detergent= 10 lbs



Month 1: Week 1

Day 1: Arms

Squat to Press

2 sets
20 reps

Kneeling Clap Pushup

2 sets
8 reps

Cuban Press

2 sets
20 reps

Russian Twist

40 reps

Day 2: Legs

Rocket Jumps

3 sets
10 reps

Weighted Lunges

3 sets
20 reps

Wall Sit

3 sets of 1 minute

Weighted Toe ups

2 sets
40 reps

Day 3: Abs

Spiderman Front Bridge

2 sets
20 reps

Twist Crunch Lower Leg

2 sets
20 reps

Plank

3 sets of 1 minute

Day 4: Cardio

Burpees

2 sets
30 sec. on 30 sec. off

Stationary Skips

3 sets
1 min. on 30 sec. off

Jumping Jacks

50

Jump Squats

3 sets
20 reps

Month 1: Week 2

Day 1: Arms

Burpees

3 sets
15 reps

Squat to Press

3 sets
20 reps

Kneeling Clap Pushup

2 sets
10 reps

Day 2: Legs

Side Lunges

3 sets
20 reps per leg

Side Leg Lifts

3 sets
15 reps per leg

Wall Sit/ Quarter Squat

Combo
4sets
30 sec. Wall sit
20 quarter squats (fast)

Day 3: Abs

Plank to Pushup

2 sets
20 reps

Crossbody Climber

2 sets
40 reps

Flutter Kick

2 sets
1 min. (Fast and Slow)

Superman Hold

2 sets
1 min

Day 4: Plyometric

Jumping Jacks

30 seconds

High Knees

30 seconds

Jump Squats

30 reps

Ball Slam

3 sets
15 reps

Box Jumps

40 reps

Month 1: Week 3

Day 1: Arms

Pushup

4 sets
10 reps

Lateral Raise

2 sets
30 reps

Tricep Extension

3 sets
20 reps

Day 2: Mix

Jump Lunge

3 sets
20 reps

Burpees

3 sets
15 reps

Weighted Squats

3 sets
20 reps

Pushup

3 sets
10 reps

Day 3: Abs

Plank with Chest Touch

3 sets
1 min

Mountain Climbers

3 sets
40 reps

Russian Twist

3 sets
30 reps

Day 4: Legs

Bulgarian Squats

3 sets
10 reps per leg

Jump Lunge

3 sets
20 reps

Box Jumps

3 sets
15 reps

Month 1: Week 4

Day 1: Arms

Dips

3 sets
20 reps

Pushup

3 sets
12 reps

Shoulder Press

3 sets
10 reps

Day 2: Body Weight

Squat w/ side Leg Lift

3 sets
20 reps

Downward Dog Abs

3 sets
10 reps per leg

Superwoman Pushup

3 sets
12 reps

Day 3: Cardio

Burpees

3 sets
15 reps

High Knees

3 sets
1 min on

Side Plank

3 sets
30 sec. (alternating)

Day 4: Abs

Mountain Climbers

2 sets
40 reps

V Crunch

3 sets
20 reps

Windshield Wipers

2 sets
20 reps

Month 2: Week 1

Day 1: Full Body

Dips

3 sets
15 reps

Back Lunges

3 sets
20 reps

Wall Touch Jump Squats

3 sets
20 reps

Plank with Chest Touch

40 reps

Day 2: Arms/Core

Russian Twist

3 sets
20 reps

Superwoman Pushup

3 sets
12 reps

Jump Lunge

3 sets
1 minute

50 Burpees

Day 3: Legs

Toe Touches

3 sets
1 minute on

Wall Sit

3 sets

Step-ups

3 sets
20 reps

Weighted Back Lunges

3 sets
20 reps per leg

Day 4: Arms

Front Raise/ Standing Tricep Extension/ Push Press

3 sets
10 reps per exercise

Lateral Raise

4 sets
15 reps

Shoulder Press and Pulses

4 sets
30 reps

Plank with Chest Touch

3 sets
10 reps per arm

Month 2: Week 2

Day 1: Chest

Superwoman Pushup

3 sets
15 reps

Dumbbell Flat Bench

Press
3 sets
15 reps

Shoulder Press and Pulses

3 sets
15 reps

Day 2: Legs

Lunge w/ Front Kicks

3 sets
20 reps

Weighted Glute Bridge

4 sets
1 minute

Wall Sit

4 sets
45 seconds

Day 3: Core

Flutter Kick

3 sets
30 seconds

Russian Twist

3 sets
30 reps

Bicycle Crunch

2 sets
40 reps

Side Plank

2 sets
30 seconds per side

Day 4: Cardio/Core

Squat w/ side Leg Lift

4 sets
20 reps

Inchworm

4 sets
8 reps

Plank Jacks

3 sets
1 min

Month 2: Week 3

Day 1: Arms

Wide Row with Dumbbells

4 sets
15 reps

Squat w/ Overhead Press

3 sets
15 reps

Lateral Raise

3 sets
15 reps

20 Burpees

Day 2: Legs

Weighted Squats

4 sets
20 reps

Plank Jacks

3 sets
45 seconds

Fast Frog Jumps

3 sets
15 reps

20 Burpees

Day 3: Core

Plank w/ Foot Raise

3 sets
20 reps

Flutter Kick

3 sets
1 minute(Alt. Fast/Slow)

Pushup

4 sets
10 reps

50 Jump Squats

Day 4: Cardio

Mountain Climbers

3 sets
30 reps

Jump Squats

4 sets
20 reps

Jump Lunge

3 sets
10 reps per leg

20 Burpees

Month 2: Week 4

Day 1: Plyometric

Squat w/ side Leg Lift

3 sets
20 reps

Inchworm

3 sets
1 minute

Tuck Jumps

4 sets
10 reps

50 Jump Squats

Day 2: Glutes

Bulgarian Squats

4 sets
10 reps per leg

1 Leg Glute Bridge

4 sets
30 seconds

Donkey Kicks

4 sets
20 reps per leg

20 Burpees

Day 3: Arms

Bent Over Row

4 sets
15 reps

Squat w/ Overhead Press

4 sets
15 reps

Front Raise/ Standing Tricep Extension/ Push Press

3 sets
10 reps per exercise

50 Jump Squats

Day 4: Full Body

Side Leg Lifts

3 sets
10 reps per leg

Tuck Jump

3 sets
10 reps

Walking Lunges

50 reps per leg

25 Burpees

Month 3: Week 1

Day 1: Abs

Plank to Pushup

3 sets
10 reps per arm

Russian Twist

4 sets
30 reps

Leg Lift with 180, 45
degree holds

4 sets
30 seconds per angle

Day 2: Upper Body

Dips

3 sets
15 reps

Superwoman Pushup

4 sets
15 reps

Tricep Curls

4 sets
20 reps

30 burpees

Day 3: Legs

Weighted Squats

4 sets
20 reps

Wall Sit

4 sets
45 seconds

Jump Lunge

3 sets
30 seconds

20 burpees

Day 4: Combo

Inchworm

4 sets
10 reps

Bent Over Row

4 sets
20 reps

30 Burpees

50 Jump Squats

Month 3: Week 2

Day 1: Arms

Dips

4 sets
15 reps

Spider Pushup

4 sets
5 reps per leg

Cuban Press

3 sets
15 reps

50 Jump Squats

Day 2: Legs

Weighted Squats

4 sets
25 reps

Plank Jacks

4 sets
45 seconds

Jump Lunge

4 sets
10 reps per leg

20 Burpees

Day 3: Core

Star Roll Up

4 sets
20 reps

Plank

4 sets
45 seconds

V Crunch

4 sets
60 reps

50 Jump Squats

Day 4: Cardio/Legs

Mountain Climbers

3 sets
30 reps per leg

Burpees

3 sets
20 reps

Wall Sit

4 sets
45 seconds

50 Jump Squats

Month 3: Week 3

Day 1: Arms

Incline Dumbbell Press

3 sets
20 reps

Incline Dumbbell Flies

4 sets
8 reps

Cuban Press

3 sets
15 reps

Day 2: Body Weight

Squat w/ side Leg Lift

3 sets
15 reps per leg

Downward Dog Abs

3 sets
10 reps per leg

Superwoman Pushup

3 sets
12 reps

20 Burpees

Day 3: Legs

Toe Touches

3 sets
1 minute on

Wall Sit

3 sets
45 seconds

Step-ups

3 sets
20 reps

Weighted Back Lunges

3 sets
20 reps per leg

Day 4: Arms/Core

50 Burpees

Russian Twist

3 sets
20 reps

Superwoman Pushup

3 sets
12 reps

Jump Lunge

3 sets
1 minute

Month 3: Week 4

Day 1: Arms

Bent Over Row

4 sets
15 reps

Squat w/ Overhead Press

3 sets
15 reps

Bent over Lateral Raise

3 sets
15 reps

20 Burpees

Day 2: Legs

Box Jumps

4 sets
10 reps

Jump Lunge

3 sets
20 reps

Wall Sit

3 sets of 1 minute

Plank Jacks

4 sets
20 reps

Day 3: Cardio/Core

Squat w/ side Leg Lift

4 sets
20 reps

Inchworm

4 sets
8 reps

Plank Jacks

3 sets
1 min

40 Burpees

Day 4: Body Weight

Burpees

3 sets
20 reps

Downward Dog Abs

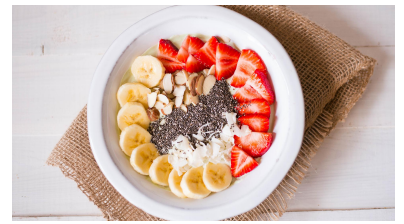
3 sets
10 reps per leg

Superwoman Pushup

3 sets
12 reps

100 Jump Squats

Some Healthy Pre-Workout Recipes



Tropical Smoothie

5 Strawberries

Handful of Raspberries

1 Frozen Banana

3-4 Slices Pineapple

4 oz Orange Juice

(Drink 2+ hours before workout)



Banana Oatmeal

½ Cup Cooked Oatmeal

½ Sliced Banana

2 Tbsp Almond Butter

1 Tbsp Sliced Almonds

1 Tsp Honey

(Eat 2+ hours before workout)

Greek Yogurt w/ Fruit

1 container Greek Yogurt
(Choice flavor)

¼ Cup Blueberries

1 Tbsp Chia Seeds

3 Tbsp Sliced Almonds

3 Tbsp Pomegranate Seeds

1 tbsp Sliced Almonds

(Eat 30+ minutes before)

Some Healthy Post-Workout Recipes

Banana Oatmeal Smoothies

½ Cups rolled oats

1 frozen Banana

1 cup Almond Milk

1 tsp Cinnamon



Instructions:

Blend rolled oats until they are a fine powder. Add the banana, almond milk and cinnamon. Blend until smooth

Egg Salad Sandwich

2 Slices Toast (Ezekial Bread)

2 Hardboiled Eggs

¼ of an Avocado

2 Tbsp Green Onion

¼ Tsp Yellow Mustard

1 Pinch of Paprika

Instructions:

Use a fork to mash avocado. Add Flakes the chopped eggs, chopped Green Onion, yellow mustard and Paprika. Mix well and season with salt and pepper to taste.

Trail Mix

¼ Cup Cashews

¼ Cup Almonds

¼ Cup Banana Chips

3 Strips Dried Mango

2 Tbsp Unsweetened Coconut

