AGES 10-13

THE 20-MINUTE GARAGE WORKOUT

No equipment, no gym. A floor and a wall are enough.

Open it on your phone

ABOUT 20 MINUTES	NO EQUIPMENT NEEDED	ANYWHERE WITH A BIT OF FLOOR

Warm up, then the jumps while the legs are still fresh, then three rounds of the work below. Rest about a minute between rounds. If a move feels wrong, stop it and do the next one.

WARM UP

One time through. Do not skip it.

1. **Leg swings — front to back** — *10 each leg*
   Hold something for balance and swing one leg forward and back.
2. **Walking knee hug into lunge** — *6 each side*
   Hug one knee to your chest and rise onto the other toe. Step that leg out into a long lunge and hold for a beat.
3. **Inchworm walkout** — *5*
   From standing, hinge down and walk the hands out to a plank.
4. **Wall slide** — *10*
   Back, head and forearms against the wall, elbows bent to 90°. Slide the arms up as high as you can while keeping contact, then pull the elbows back down to your ribs.

JUMPS

2 rounds, first. Land quiet.

5. **Pogo hops** — *10*
   Stiff ankles. Bounce off the balls of your feet with only a little knee bend.
6. **Broad jump** — *3*
   Swing the arms back, then throw them forward as you jump out, not up. Stick the landing: feet hip-width, knees over toes. Hold it for 2 seconds.
7. **Lateral line hops** — *10 sec*
   Feet together, hop side to side over a line as fast as you can.

THE WORK

3 rounds. Rest 1 min between rounds.

8. **Glute bridge — activation** — *12*
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.
9. **Push-up** — *8*
   Hands just outside shoulder width, body in one straight line. Knees down is fine.
10. **Wall sit** — *30 sec*
    Back flat on the wall, thighs parallel to the floor, weight in the heels.
11. **Dead bug** — *8 each side*
    Arms straight up, knees and hips bent to 90°.
12. **Side plank** — *20 sec each*
    Elbow directly under the shoulder, feet stacked or staggered.

FINISH

13. **Standing quad stretch** — *30 sec each*
    Heel to the glute, knees together, tuck the tailbone under.
14. **Figure-4 glute stretch** — *30 sec each*
    On your back, ankle across the opposite knee, pull the bottom thigh toward you.

Built for [illegible] It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

rinkreadytraining.com
Free plans, 120+ exercises, no app store.