

RAMONA RAMS FOOTBALL

During this unique time, it is very important that you and your family members stay active---stretching, running, working out, reading, playing games, and eating healthy. To help with this, and to get our football program ready for the upcoming season, I purchased a workout program that you and your family can do with little to no equipment and can be done in both big and small locations.

Once you download the program, read through it completely before you start.

DO NOT SKIP THROUGH IT BECAUSE IT WON'T MAKE SENSE!

All the workouts, stretching routines, and mobility exercises have videos attached to them so if you do not understand something, click on the link and it will show you how to do it.

If you have access to workout equipment, you can modify your workout to what you have. I would suggest doing some of the body weight workout and doing some of your workout implementing the equipment you have.

Working out right now is not just about football, it's about getting your mind and body right during this pandemic. When we work hard, and we work together, good things happen. Prepare yourself now to become victorious in the future.

Please click the link and download the workout. You can also print it out if you want so you can see it wherever you are working out.

[https://sports-performance-files.s3.us-east-2.amazonaws.com/
Bodyweight+Program+V1.pdf](https://sports-performance-files.s3.us-east-2.amazonaws.com/Bodyweight+Program+V1.pdf)

If you have any questions regarding the workout, or if you have anything you need to talk about or you need help with, please contact me whenever. See you all soon.



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