






# THE MILK JUG



Exercise	Sets/Reps	Comments	Example
Goblet Squat	4x10	Hold weight in front  Down slow, up fast	
Shoulder Press from kneeling	4x10	Maintain good posture,  Right knee down, hold weight in R hand  Left knee down, hold weight in L hand	
Single Arm Row	4x8-10 each arm	Kneel, maintain good posture, press bag from belly bottom straight out, hold 3 seconds, return to belly button	
Pullover	4x10	Can do on ground  Keep back flat (do not arch away from ground) Keep arms straight Bring arms as far overhead as able, return to start	
Overhead single arm carry	4x as long as possible 1 round = R arm then switch to L arm	Walk with good posture, no bend in elbow/wrist, holding bag by handle, switch when fatigued	

## INSTRUCTIONS

Remember: 1 gallon of water = 8.34 pounds (Laundry Detergent – heavier) – fill with water to appropriate weight

Complete each exercise in order, with no/minimal rest until all exercises are completed for 1 round. Rest a bit if needed (1-2 minutes) prior to the start of the next round.

1 round for younger teams and increase to a maximum of 4 rounds for high school teams.