

LCMS Gator Nation Football

"I think men, growing up, you have to go through some form of hardship.
You've got to harden the metal." Ice T

Men,

We hope all of you and your families are healthy and being safe at this time. The world is in an uncertain place at the moment, and the best thing you can do is be **positive** and **strong** during the weeks to come.

We have preached that life isn't easy, that life will challenge you. Life is putting all of us all through a challenge right now, but men step up to the challenge. You are **all strong young men**, We have watched every one of you grow over the year(s), and we are **proud** to say we know you will face this challenge head on with strength and positivity. Y'all need to stay strong; stay strong for your brothers on the team; stay strong for your families at home.

We are all thinking about you and your families, if you need anything to not hesitate to get a hold of us.

LCMS Football Coaching Staff.

Daily Workout:

Do your stretches:

1. High Knee Hugs
2. High Knee Pull-Outs
3. High Knee Pull- Ins
4. Walking Quads
5. Walking RDLS
6. Rock and Gos

H.I.I.T. Workout- Set you Phone for a One minute Timer:

15 Second break in between: Repeat 3 times

1. Jumping Jacks
2. Push Ups
3. Squat Jumps
4. Sit ups
5. Lunges
6. 6 inches
7. Burpees
8. Bicycles
9. Inch Worm Push ups
10. EarthQuakes

Yoga: We recommend doing Yoga every day as well, this will help work on your flexibility there are apps you can download, one being **Yoga for beginners Mind+Body**

You are encouraged to do extra reps of anything you want to, just stay active, if you get restless do something!

We are proud of all you and we will come back stronger than ever. Stay safe, and listen to your parents!