

Week 1 - Day 2

Dynamic Warm-Up – *perform each movement over 10 yards*

- Walking toe touch
- Knee grab into lunge
- Leg cradles
- Reverse heel up into reverse lunge and rotate
- Over the fence, under the fence
- Dead lift walk
- Spiderman

Dynamic Warm-up – *Medicine ball – perform 10 reps of each movement*

- Up and outs
 - Wood chops
 - Rotations
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1) Dynamic Stabilization - *this will prep you for future plyometric training*

- a. Single leg hurdle hop
- b. Single leg lateral hurdle hop

2) Core Training - *the foundation of a safe and effective exercise program*

- a. *Perform the following two exercises back to back*
 - i. Glute bridge with only pause at top
 - ii. Single leg reach
- b. *Perform the following two exercises back to back*
 - i. Side iso ab (side plank) for 15 reps with pause at top
 - ii. Standing resistance band rotation with no foot turn
- c. *Perform the following two exercises back to back*
 - i. Quadruped
 - ii. Step up with dumbbell raise

- *Perform two sets of each at 15 reps.*

3) Level Change

- a. *Perform the following three exercises back to back to back*
 - i. Dumbbell squats (modification – wall swiss ball squats)
 - ii. Single leg dumbbell lunge (right leg)
 - iii. Standing overhead shoulder press

- b. 30 second linear box hops
- c. 15 swiss ball crunches
- d. *Perform the following three exercises back to back to back*
 - i. Tube walking lead with right leg 15 yards or 25 steps
 - ii. Monster walk
 - iii. Standing vertical pull down
- e. 30 second lateral box hops
- f. 15 med ball seated rotations

4) Ride stationary bike 3-5 minutes

5) Repeat above level change circuit using left leg

- a. *Perform the following three exercises back to back to back*
 - i. Dumbbell squats (modification – wall swiss ball squats)
 - ii. Single leg dumbbell lunge (left leg)
 - iii. Standing overhead shoulder press
- b. 30 second linear box hops
- c. 15 swiss ball crunches
- d. *Perform the following three exercises back to back to back*
 - i. Tube walking lead with left leg 15 yards or 25 steps
 - ii. Monster walk
 - iii. Standing vertical pull down
- e. 30 second lateral box hops
- f. 15 med ball seated rotations

6) Ride stationary bike 3-5 minutes

7) Level change # 2

- a. *Perform the following four exercises in a row*
 - i. Ankle tube squat right and left
 - ii. Alternating dumbbell lunges
 - iii. Standing overhead shoulder press
 - iv. Standing vertical pull down

b. OPTIONAL

- i. 30 second linear box hop
- ii. 15 seconds rest
- iii. 30 second lateral box hops

8) Static Stretches – *these stretches will be held for 20-30 seconds.*

- Catchers stretch
- Glute stretch
- Hamstring stretch
- Hip flexor and quad stretch
- Calf stretch