

Week 1 - Day 3

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 linear hop – forward and backward
- b. Single leg lateral hop – side to side

Note: Almost all exercise sets will consist of 15 reps – in the early stages of the program a higher rep scheme is used to build muscle endurance.

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

- a. *Perform the following two exercises back to back*
 - i. Glute bridge - marching
 - ii. Single leg dead lift
 - b. *Perform the following two exercises back to back*
 - i. Prone iso ab (plank) 15 reps with pause at top
 - ii. Box or bosu ball prone march
 - c. *Perform the following two exercises back to back*
 - i. Swiss ball shoulder combo
 - ii. Resistance band or cable single arm retractions
- *Perform two sets of each at 15 reps.*

Perform 15 reps for all of the below exercises

3) Multi-Jointed Push Exercise - *Combines upper and lower body and thus, is using multiple joints.*

- a. Cable or resistance band alternating lunge and press
- b. Unload the body with a cable or resistance band two (2) arm curl

4) Multi-Jointed Pull Exercise

- a. Cable or resistance band squat and low row
- b. Unload the body with lying dumbbell tricep extensions.

5) Multi-Jointed Push Exercise

- a. Dumbbell squat and overhead press
- b. Unload the body with alternating rotation dumbbell curls

6) Multi-Jointed Pull Exercise

- a. Cable or resistance band alternating reverse lunge and mid row
- b. Unload the body with cable or resistance band tricep kickbacks

7) Short Aerobic Circuit – Complete two sets

- a. Two (2) minutes jumping rope or jumping jacks
- b. Two (2) minutes treadmill, elliptical or stationary bike
- c. 15 Swiss ball crunches (flexion)
- d. 10 ball hyperextensions (extension)

8) Repeat Exercise combo's 3-7 2x-3x

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

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