

Week 2 - Day 1

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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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.

1) Dynamic Stabilization - *this will prep you for future plyometric training*

- a) single leg box drill
- b) box squat jump

2) Core Training – the foundation of a safe and effective exercise program.

Perform two sets of each at 15 reps

- a. *Perform the following two exercises back to back*
 - i. Glute bridge elevated
 - ii. Single leg reach across
- b. *Perform the following two exercises back to back*
 - i. Prone iso ab (plank) from knees
 - ii. Box walk ups with hands
- c. *Perform the following two exercises back to back*
 - i. Swiss ball letters
 - ii. Resistance band or cable pulls on one leg

3) Push with Anti-rotation Followed by Rotation exercise

Perform the following 3 exercises in a row

- a. **Single arm chest press from bench** (*this works the chest while creating an anti-rotation stimulus to the abdominals as the abdominal musculature prevents the body from being rotated by the weight of the dumbbell*)
- b. **Push up with one hand on floor and one hand on medicine ball or other raised surface such as a step** – 10 reps
- c. **High cable or resistance band chops** (this exercise trains rotation)
- d. Perform the following aerobic circuit:
 - 30 second mountain climbers
 - rest 15 seconds
 - 30 second wall sprints
 - rest 15 seconds
 - 30 second medicine ball jumping jacks
- e. Repeat exercises a – c (above) for the other arm and other side rotation and repeat the aerobic circuit (d).

4) For the final push and rotation round

- a. Perform the chest press with 2 arms
- b. Roll the ball from arm to arm during push ups
- c. Two arm resistance band, standing side to side crunch
- d. Perform aerobic circuit (d above).

5) Pull with Anti-rotation Followed by Rotation exercise

Perform the following 3 exercises in a row

- a. **Single arm standing cable or resistance band pull with split stance** (pull with right arm have left foot forward)
- b. **Single leg single arm dumbbell row**
- c. **Low to high cable or resistance band chop**
- d. Perform the following anerobic circuit:
 - 30 second single leg box hops
 - rest 15 seconds
 - 30 second skaters
 - rest 15 seconds
 - 30 second medicine ball jumping jacks
- e. Repeat the first 3 exercises for the other arm and other side rotation and repeat the aerobic circuit (d) above.

6) For the final pull and rotation round

- f. Perform the cable pull with 2 arms and parallel feet
- g. Two arm dumbbell row parallel stance
- h. Two arm resistance band, flexion and extension
- i. Perform aerobic circuit

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

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