

## **Week 2, 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 balance hops 15 yards
- b. Lateral box jumps

**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.

- c. *Perform the following two exercises back to back*
  - i. Single leg glute bridge
  - ii. Multiplanar lunges
- d. *Perform the following two exercises back to back*
  - i. Prone iso ab (plank) - single leg
  - ii. Box drop ins
- e. *Perform the following two exercises back to back*
  - i. Swiss ball shoulder combo
  - ii. Box walk ups – lead with right hand first set lead with left hand second set.

*Perform two sets of each at 15 reps*

### **3) Level Change and Bicep (pull)**

***Perform the following 6 exercises in a row***

- 1) Walking dumbbell lunges
- 2) split squat cable or resistance band curl
- 3) Medicine ball between the knees crunch
- 4) Walking lunges
- 5) split squat cable or resistance band curl other arm and leg
- 6) Medicine ball in hands crunch (long lever arm)

### **4) 10 Minutes interval cardio:**

Using a treadmill, elliptical, rower or stationary bike – perform interval training of high and low intensity.

#### **Format:**

- 1 min low level intensity
- 30 seconds high level intensity
- Continue for 10 minutes

### **5) Level Change and Tricep (push)**

***Perform the following 6 exercises in a row***

- 1) Dumbbell step-ups
- 2) Medicine ball tricep extension single leg lunge
- 3) Medicine ball swiss ball Russian twists
- 4) Dumbbell step-ups
- 5) Medicine ball tricep extension single leg lunge (other leg)
- 6) Medicine ball seated rotations feet in air

### **6) 10 minutes cardio interval**

**7) If time permits repeat just the level change and bicep and tricep exercises – NOT the interval cardio.**

**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

Tomorrow take a cardio class of your choice or go for a run or bike ride.