

Week 2, 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. Hurdle hops with agility and stability
- b. Box jump on to box jump off and straight up jump

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. Perform two sets of each at 15 reps.*

- a. *Perform the following two exercises back to back*
 - i. Cook hip lift
 - ii. Single leg reach unstable surface
- b. *Perform the following two exercises back to back*
 - i. Prone iso ab right into side iso ab back to prone back to side
 - ii. Standing resistance band single arm push with no rotation
- c. *Perform the following two exercises back to back*
 - i. High cable or resistance band retractions
 - ii. Resistance band or cable retractions

Perform 15 reps for all of the below exercises unless otherwise stated.

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

- i. Cable or resistance band split squat and single arm press
- ii. Medicine ball chest pass wall throws (30 reps)
- iii. Cable or resistance band split squat and single arm press other leg other arm
- iv. Medicine ball chest pass wall throws (30 reps)

4) Multi-Jointed Pull Exercise

- v. Cable or resistance band split squat and single arm low row
- vi. Medicine ball overhead slams (15 reps)
- vii. Cable or resistance band split squat and single arm low row other arm other leg
- viii. Medicine ball overhead slams (15 reps)

5) Multi-Jointed Push Exercise

- ix. Lateral squat and dumbbell overhead press
- x. Medicine ball up and outs single leg (30 reps)
- xi. Lateral squat and dumbbell overhead press other leg
- xii. Medicine ball up and outs single leg (30 reps) oather leg

6) Multi-Jointed Pull Exercise

- xiii. Cable or resistance band single leg single arm reverse box lunge and high row
- xiv. Alternating medicine ball chops
- xv. Cable or resistance band single leg single arm reverse box lunge and high row other arm other leg
- xvi. Alternating medicine ball chops

If time permits 10 minutes of steady pace cardio using treadmill, elliptical etc., or jumping rope, outdoor running, etc.

7) 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 group class of your choice. Look for one that is less aggressive. Suggestions are Yoga, Pilates, or Tai chi.