

Strength & Conditioning		Tues/ Thurs	
	<u>Exercise</u>	<u>Workload</u>	<u>Rest</u>
<b>Warm-Up</b>	Foam Roll-upper,lower legs	10mintes total	
	Jumping Jacks, Crossover Jacks, skips in place	x :30sec each	
	Inchworms in place	x10	
	Worlds Greatest Stretch	x5 each side	
<b>Jumps</b>	Single Leg Lateral hops(Line Jumps)	2-3sets x10each leg	:30sec
	Lateral Pogo Jumps	2-3sets x10	:30sec
	Squat Jumps	2-3sets x10	1min
	Broad Jumps	2-3sets x5	1 min
	Lateral Bounding(Skater Jumps)	2-3sets x5each	1min
	Rotational bounding	2-3sets x5each	1min
	2 step approach Jumps	2-3sets x5	1min
<b>Strength Training</b>	Floating Heel Split Squat Isometric Hold	3x :45sec each leg	2min
	Oscillating Rear Foot Elevated Split Squat	3x 10each leg	2min
	Lunge Matrix-( Forward Lunge w/ Rotation, Side lunge w/ Rotation, Rotational Lunge)	2-4x 10each	2min
	Single Leg Hip Thrusters	2-4x 10each	1min
	Narrow Push Ups	4x10	2min
	Bicep Curls	3x10	1min
	Reverse FLY	3x20	1min
<b>Core</b>	Birddogs	2 x 15each side	:30sec
	Shoulder Taps (Push UP position)	2 x15each side	:30sec
	Deadbugs	2x15 each side	:30sec
	Clamshell Side Plank	2x15 each side	:30sec