

Period Three: Strength Training

Focus on proper form and full range of motion; fully recover between exercises

Warm up: 15-20 mins easy run

Agility:

- 3 sets of ladders (1 ins, 2 ins, zig-zag, backwards zig-zag); add sprint on sets 2 and 3
- 3 x 20 step taps

Strength (2 sets):

- Front Plank w/ alt arm lift: 30 secs
- Side Plank w/ hip dip: 30 secs each side
- Back Plank (Brace): 30 secs each leg
- Superman with med ball 20 secs

- Sit ups on physio w/ med ball throw: 20
- Back extension (no weight): 20
- Physio ball leg extension: 20
- Physio ball leg curl: 20
- Russian twists w/ med ball: 20

- Squats w/ med ball: 12
- Lunges w/ med ball: 12
- Toe raises w/ med ball: 15
- Lateral lunges w/ med ball: 12

- Triple lift (on physio ball): 15
- Push-up w/ twist: 15
- Dips: 20

Cool down: 15 mins + stretch