

Period Five: 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
- V2 simulation hops: 30-60 secs

Strength (2-3 sets):

- Front Plank: 45-60 secs
- Side Plank: 20 secs each side w/ dip
- Superman on hands and knees
- Med Ball DP throws
- Russian twists w/ med ball throw: 20 total (10 per side)

- Squats: 10
- Lunges: 10
- Lateral lunges: 10

- Triple lifts:20
- Pull-ups:10
- Push-ups: 20
- Dips: 20

Cool down: 15 mins + stretch