

Period Four: 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
- 1-2 mins jump rope

Strength (2-3 sets):

- Leg extension on physio ball(PB): 20
- Leg curl on PB: 20
- Back extension on PB: 20
- Med ball DP throw: 12
- Russian twist throw: 10 each side

- Squats: 8; Squat jumps: 8
- Side lung: 8
- Lunge: 8; Lunge jumps: 8
- Lateral hurdle jump: 8
- Squat hurdle jumps (forward/backward): 8

Cool down: 15 mins + stretch