

Period Two: 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: 40 secs
- Side Plank: 20 secs each side
- Back Plank (Brace): 20 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: 10
- Lunges: 10
- Toe raises: 12
- Lateral lunges: 12

- Triple lift (on physio ball): 12
- Push-up: 12
- Dips: 20

Cool down: 15 mins + stretch