

DAY 01



PREHAB

EXCERISE	
Standing Opening the Gate	8 each
Overhead Squat with Band	12 reps
Banded Shoulder Dislocator	10 reps
X Band Walks	12 each
Spiderman Lunge	6 each
Runners Lunge w/ Rotational Reach	8 each

ATHLETICISM

EXCERISE	
5 Yard Shuffle	20 sec
Lateral Hurdle Bounds	12 reps
Lateral Hurdle Bound to Hop	8 reps
Diagonal Skater Bounds [2s Pause]	10 reps

BLOCK A

	SET 1	SET 2	SET 3	SET 4	
Goblet Squat	10	8-10	10	10	60s
Alternating Lunge Jump	12	12	12	12	
Alternating Dumbbell Chest Press	12	12	12	12	
Adductor Side Plank	20s	20s	20s	20s	

BLOCK B

	SET 1	SET 2	SET 3	SET 4	
Kettlebell Swing	12	12	12	12	60s
Half Kneeling Lat Pull Down	8ea	8ea	8ea	8ea	
Palloff Press	10ea	10ea	10ea	10ea	
Bear Crawl	20	20	20	20	

CONDITIONING

EXCERISE	
Alternating Lunge Jump	20 sec
Push Ups	20 sec
BW Alternating Reverse Lunge	20 sec
Lateral Skater Bounds	20 sec

MOBILITY

EXCERISE	
Activated Couch Stretch	8 each
90/90 3 Way Stretch [10s Each]	5 each
T-Spine Book Openers & Around	6 each
Foam Roller Snow Angels	14 reps