

Strength Workout #1

Static Warm Up - 3:00 minutes (30 seconds per set)

- High Knee Hold 5 seconds
- Heel to Butt Hold 5 Seconds
- Straight leg lift (1 foot off the ground) with toe out 5 Seconds
- Overhead wide grip pull down 5 seconds
- Stork pose for 5 seconds
- Standing calf raises with heel out 5 seconds

Dynamic Warm Up – 5:00 Minutes (build through the rounds)

- Jumping Jacks :20
- Ski Jacks :20
- Seal Jacks :20
- Jumping Jacks :20
- Ski Jacks :20
- Seal Jacks :20

Conditioning Circuit – 18:00 Minutes (adjust as necessary with time and rest)

3 sets of 5 exercises, :45 each exercise, :05-:15 recovery between exercises, 1:00 recovery between sets

Exercise 1:

Hand Walk-Outs :45

- Advanced: Down to elbows
- Intermediate: Walkout to front leaning rest position
- New: Hold front leaning rest

Exercise 2:

Asymmetrical Squat with Open Grip :45

Equipment needed: dumbbell, small med ball, rock

- Advanced: Palming rock
- Intermediate: Palming large dumbbell
- New: Palming small dumbbell

Exercise 3:

Hollow Hold :45

- Advanced: Rock and roll

- Intermediate: Iso hold
- New: Feet up only

Exercise 4:

Lateral Walking Squat with Pinch Grip :45

Equipment needed: sandbags, weight plate, book

- Advanced: Sand bags
- Intermediate: weight plate
- New: book

Exercise 5:

Front Leaning Rest position (pushup position) sandbag drag and push :45

Equipment needed: sandbag, dumbbell, weighted ball

- Advanced: Sandbag
- Intermediate: Dumbbell
- New: Bird dog, or iso hold

Recover 1:00

Aerobic Workout - 30 minutes steady state RPE 4-5

Go for a run out your door for approximately 30 minutes. Don't worry about distance, it's about time.

Cool Down – 5:00 Minutes

Static Stretch Hip with towel (~:30 each)

- Hamstring
- Hip Adduction
- Hip Abduction
- Quadriceps