

July (Max Strength)

Dynamic Warmup

- High knee skipping
- High knee Skipping with hamstring extension
- Gorillas - lateral shuffle + low-high arm-swings
- Noisy Hip Skip- forward - backward cross-skip
- Carioca
- Zig-zag bounds – forward and backward
- Side-skip (no cross-over)
- Zig-zag skip – forward and backward
- 2 + 1 bounds (2 forward + 1 lateral)
- HIGH-skip
- 5 min jump rope (bring your own jump rope)

Lower Body (3x5 at 85-90% IRM*)

- Goblet Squat
- Romanian Deadlift (lower back, weights from knees to standing)
- Step Ups (with Weight)
- Russian Lunge (with back leg on something to isolate front leg)

Upper Body (3x5 at 85-90% IRM*)

- Overhead 2-handed tricep lift
- Bench Dips
- Kneeling Landmine Chest Press
- Tricep Extension

Core Rotation 2

Yoga – focusing on balance, strength, and mental