

June Strength

Core & Yoga – It is important to note that if you do not do core and yoga you need to add multiple exercises to the basic strength. This strength is based upon the knowledge that you will be doing core & yoga and therefore is missing some strength, balance, & flexibility elements.

Warmup Jog/bike between 20-40 – you can use this to get to where you are doing 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)

Movement Puzzles

- Bound - Inside Hop
- Snowflake - alternating lateral-bound + INSIDE rotational bound (clockwise & counter- clockwise)
- Bound - Outside Hop

Ladder Drills (2 times each exercise X 10 steps)

- 1-ins
- 2-ins
- One Legged Swings

General Strength (2x10)

- Single leg squats
- Back Lunges
- Squats with toe raises
- Pull-Ups
- Bench Dips
- Wide-armed Pushups
- Seated Shoulder Press
- Inverted pullups (rings)

Functional Strength

- Wall or Partner Med Ball – 180° twist (2x20)
- Squat with double-pole swings (1st set: swing DOWN as you squat; 2nd set: swing UP as you squat) (2x8)
- Side Lunge twist (2x20)
- Step up – switch feet on top of box (2x20)
- Squat Jump with floor touch (2x10)
- Twisting air punch (with weight) (2x10)