

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 therefor 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 marching
- High knee marching with hamstring extension
- Gorillas - lateral shuffle + low-high arm-swings
- Noisy Hip Skip- forward - backward cross-skip
- Carioca
- Zig-zag bounds – forward and backward
- Zig-zag skip – forward and backward
- 2 + 1 bounds (2 forward + 1 lateral)

- 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 in cross
- 2 in cross
- Side-rear toe touch

General Strength

Week 1: 2x10

Week 2: 2x 12

Week 3: 2x10

Week 4: 2x15

- Single leg squats (with hand dumbbells held at shoulder height)
- Back Lunges (with hand dumbbells held at shoulder height)
- Bar Squats
- Pull-Ups
- Dips (ring or bar)
- Insect walk with band
- Seated Shoulder Press
- Dumbbell bench press with punch
- Inverted pullups (rings)

Core Rotation 3

Yoga – focusing on balance, strength, and mental.