

September

GROUP

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

LADDER DRILLS (2 sets)

- OneIn
- Two In
- One Legged Swings – FAST

Lower Body (3x5)

- Squat
- Romanian Deadlift (lower back, weights from knees to standing)
- One-legged squat (with Weight)
- Skate Lunge

Upper Body (3x5)

- Overhead 2-handed triceps lift
- Ring Dips
- Flys
- Reverse Flys

Core 4

Yoga