

August

Dynamic Warmup

5 min jump rope (bring your own jump rope)

- High knee skipping
- High knee Skipping with hamstring extension
- Bunny hops: 2 hops - stabilize, 2 hops – stabilize
- Skate bounds – quick with fluid motion
- Skate bound with extra jump/skip
- Classic bound/skip
- Slow down, explosive jump, stabilize
- Hop 180*, quickly hop 360*, stabilize
- Hop 180*, land on one foot, stabilize (2x5 on each foot)

LADDER DRILLS (2 sets)

- 2X10 V2 simulation then 10m sprint
- 2X10 Forward Zig Zag (2 steps in each box) - sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint

Lower Body (3x5 at 85-90% 1RM*)

- 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% 1RM*)

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

Core Rotation 3

Yoga – focusing on balance, strength, and mental

**1RM = One Rep Max*