

# July Strength – Power Velocity

## 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
- HIGH skip
- 5 min jump rope

## Lower Body

*Week 1: 5 reps x 2 sets, Week 2: 5 reps x 3 sets, Week 3: 6 reps x 2 sets, Week 4: 7 reps x 2 sets*

Round 1: 1 forward, 1 each side, 1 back, 1 forward. For 6 reps do 2 backward.

- Standing Drops
- Low drop
- Medium drop (2 forward, 1 each side, 1 back)( higher reps = your most challenging!)
- High drop (2 forward, 1 each side, 1 back)( higher reps = your most challenging!)

Round 2:

- Standing 2 feet hops 2x15
  - Tight ankle, use whole foot & legs
- 2 leg hops:
  - Hop 180\*, quickly hop 360\*, stabilize
  - Hop 180\*, land on one foot, stabilize (2x5 on each foot)
  - Bunny hops: 2 hops - stabilize, 2 hops – stabilize
  - Resistance bunny hops: 2 hops - stabilize, 2 hops – stabilize (band)
- 1 leg hops
  - Skate bounds – quick with fluid motion
  - Skate bound with extra jump/skip
  - Skate jumps with medicine ball
  - Skate jumps with band

Round 3:

- Slow down, explosive jump, stabilize
- Classic bound/skip
- Resistance classic bound (band)

## Upper Body (3x5 at 85-90% 1RM\*)

- Band back shoulder punch
- One armed Tricep ball throw
- Overhead, not tricep, medicine ball throw
- Medicine ball double-pole
- Velocity pushups

## Core Rotation 3

Yoga – focusing on balance, strength, and mental