

June (Max Strength)

Please find someone who can teach you to properly do the Max Strength piece of this workout so you can build the strength without injury.

Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

Ladder Drills (2 times each exercise X 10 steps)

- Zig Zag (2 steps in each box)
- 1-ins
- One Legged Swings

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

- Goblet Squat
- Step Ups
- Russian Lunge

Upper Body (3x5 at 85-90% IRM*)

- Overhead Tricep
- Ring Dips
- Kneeling Chest Press
- Tricep Front Lift

** To determine the appropriate amount of resistance for you to use during the max strength period, use 85-90% of your 1-repetition maximum (**1RM**). Your 1RM is the maximum amount of weight you can perform for a given exercise for 1 repetition.*