Adaptation/Stabilization Series

Week 1/Day 1 Workout

Active Warm-Up (6-8 Minutes)

Skips
Skip with a twist
High Knees
Heel-Kicks
Side Shuffle
Carioke
Opposite Arm/Opposite Leg Kicks
Step and Pull Forward
Step and Pull Reverse
Step and Reach

Various Sprints (2-4 minutes)

- Regular start sprint
- Athletes start on stomach
- Athletes start on stomach in superman position and cannot use arms to get themselves up
- Athletes start on back
- Athletes start on back in superman position and cannot use arms to push themselves up
- Athletes start in backward position
- Athletes start from knees
- Athletes lay laterally on stomach/back

Corrective Exercise

Balance Burner
15 Each Leg

Introduction to Functional Movements (15 minutes)

Walking Lunges
20 yard walking lunges down and back

Body Weight Squats w/ hold
15 repetitions with 10 second hold

Mountain Climbers
20 Repetitions
Basic Plank and Hold
30 second holds

**PERFORM CIRCUIT 2 TIMES**

Cool down and Stretch (5 minutes)