

## 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  
Carioko  
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)

**Teaching Notes:**