

Adaptation/Stabilization Series

Week 1/Day 2 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

Single Leg Deadlift
10 on each leg

Introduction to Functional Movement (15 minutes)

Push Up w/ Hold
10 Push-ups with hold
Lateral Side Crawls
Length of gym
Ladder Sprints
1/2/3/4/5
Abdominal Crunches/Superman's
20 crunches/20 superman's

****PERFORM CIRCUIT 2 TIMES****

Cool down and Stretch (5 minutes)

Teaching Notes: