

Date	The Athlete Experience #2	Time
9.12.18		
	Progressive warm-up:	5-10 min
	Warm-up, hip openers, kicks, air squats, forward and side lunges Slow jog through STAIR LOOP; toy soldier; stand on one leg balance Yoga mat: plank, plank with hip dips side to side; BRIDGES	
	Phase 1: Next to mats	5 min
1	Overhead med-ball toss into squat	20 sec cycles
2	Plank jacks	20 sec cycles
	Phase 2: TRX UE	5 min
3	Rip Trainer (x2): Forward press	30 sec cycles
4	TRX (x2) Row into bicep curl	30 sec cycles
*	Plank vs Air Squats vs Single leg opposite toe touch	30 sec cycles
	Phase 3: Everyone together	5 min
5	Power jumps - one every 20 sec x 5	
6	Suicide run - short	
	Phase 4: TRX LE	5 min
7	TRX (x2) Curtsey	30 sec cycles
8	Rip Trainer (x2): Squat with RT overhead	30 sec cycles
*	Plank vs Air Squats vs Single leg opposite toe touch	30 sec cycles
	Repeat entire series again!	
	Dynamic cool down	
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