

Date	TheAthlete Experience #3	Time
9.19.18	Expect a full group of 8!	
	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 - placed in a CIRCLE	1+2 for 5 min
1	Circle medball passes - 2 balls going. Hold in front vs overhead. Everyone is squatting at all times	1-2 min
2	Mat plank with reach	20 sec
	Phase 2: Run Drill	5 min
3	Run to cone - power jump - recovery shuffel back to line	30 sec cycles
4	Single leg opposite toe touch - fence to balance	30 sec cycles
	Phase 3: Bands on goal	5 min
5	Band over + under Over = hop, double or single leg. Under = boxing movement (hold med ball for added resistance)	30 sec cycles
6	Mat plank with reach	30 sec cycles
	Phase 4: Med Ball	5 min
7	Group 1: Throw	30 sec cycles
8	Group 2: Lunge with twist	30 sec cycles
	<b>RUN LOOP</b>	
	Repeat entire series again!	
	Dynamic cool down	
	<a href="http://www.MoveMend.info">www.MoveMend.info</a>	