

WARM UP x 3 sets

1. Knee Grab March

10 reps/side

2. Step Back Touchdowns

10 reps/side

3. Bent Over Y's

10 reps

4. Birddog Heel Circles

10 reps/side

5. Long Adductor Toe Reach

5 reps/side

Raise body temp

Activate

Mobilise

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Mountain Climber Switch	35s	25s	40s	20s	45s	15s	40s	20s
A2	Seal Jack	35s	25s	40s	20s	45s	15s	40s	20s
A3	Shoulder Tap	35s	25s	40s	20s	45s	15s	40s	20s
A4	Side Step Squat	35s	25s	40s	20s	45s	15s	40s	20s
A5	Leg Flutters	35s	25s	40s	20s	45s	15s	40s	20s
B1	Forward Lunge	35s	25s	40s	20s	45s	15s	40s	20s
B2	Plank Saw	35s	25s	40s	20s	45s	15s	40s	20s
B3	Sprinter Squat	35s	25s	40s	20s	45s	15s	40s	20s
B4	Pike with Toe Tap	35s	25s	40s	20s	45s	15s	40s	20s
B5	Sit Ups	35s	25s	40s	20s	45s	15s	40s	20s