

(A) Joint Mobility

FRI 10-15-10

(B) Plyos

- 3 Push-Up w Chest Slap + ~~Push-Ups~~ ^{Knee Tucks} 8+8
- 3 Push-Up w/out Clap + Heidens 8+8
- 3 Kneeling P-Up to Kneeling Quad Hop 8+8
- 3 Leap Frog to Twisting Lunge 20y/ea

(C) Football Field Sprints

- * Sprint to each Line & Jog Back
- * From End Line to End Line Up & Back

(D) Zig-Zag Med Ball Line

- Chest Passes
- Overhead
- Hip Toss
- Side Toss

(E) Planks

- T-Rolls 10 ea side
- High Plank 60 sec
- T-Rolls 10 ea
- Ham Bridge 60 sec
- T-Rolls 10 ea
- Low Plank 60 sec
- T-Rolls 10 ea
- 1 Leg Ham Bridge 60 sec
- T-Rolls 10 ea
- 1 Leg Ham Bridge 60 sec

2x ↑ = 15 mins