

DRYLAND TRAINING

DAY 1 PROGRAM

| Warm-up | | |
|--------------------------------------|---------------------------|-------------------|
| Exercises | | Reps |
| big arm circles | forward/back | 10 each direction |
| mountain climbers | | 2 x 20 secs |
| track start to streamline explosions | | 5 each leg |
| mooseheads | aka shoulder blade pivots | 10 |
| flappers | thumbs forward/thumbs up | 10 each |

| Mobility & Balance | | |
|----------------------------|----------------------------------|------------------------------|
| Exercises | | Reps |
| ankle flexion | inside/forward/outside | 5 progressions each ankle |
| hip swings | | 3 x 5 each leg |
| Oregon shift drill | left to right = 1 | 10 |
| static balance progression | single leg | 10 sec hold in each position |
| | forward/front/reverse/transverse | |

| Functional Movement | | |
|---------------------|-------------------|--------------|
| Exercises | | Reps |
| squat | | 10 |
| rotational lunge | forward/side/back | 3 x each leg |
| 4 o'clock jumps | hands on hips | 6 each way |
| jack knife crawls | | 30 secs |

| Core (X2) | | |
|--------------------|-----------------------------|------------------|
| Exercises | | Reps |
| low pointers | | 30 sec each side |
| high plank tripods | extension forward/side/back | 4 x each side |
| situps | | 20 |
| supermans | 3 second hold | 10 |
| crossover kicks | | 30 secs |

DAY 2 PROGRAM

| Warm-up | | |
|------------------------------|--------------------------|-------------------|
| Exercises | | Reps |
| big arm circles | forward/back | 10 each direction |
| cross body mountain climbers | | 2 x 20 secs |
| bunny jumps | lateral arm swings | 30 secs |
| bunny jumps | vertical arm swings | 30 secs |
| flappers | thumbs forward/thumbs up | 10 each |

| Mobility & Balance | | |
|-------------------------------|----------------------------------|------------------------------|
| Exercises | | Reps |
| ankle flexion | inside/forward/outside | 5 progressions each ankle |
| hip swings | | 3 x 5 each leg |
| Oregon shift drill | left to right = 1 | 10 |
| ballistic balance progression | single leg hops | 10 sec hold in each position |
| | forward/front/reverse/transverse | |

| Functional Movement | | |
|-----------------------|------------------------------------|---------------|
| Exercises | | Reps |
| squat jump | | 6 |
| crouching woodpeckers | 1 leg/straight leg DL w/ arm exter | 6 x each side |
| 4 o'clock hops | hands on hips | 6 each leg |
| spiderman crawls | | 30 secs |

| Core (two times through) | | |
|--------------------------|-----------------------------|--------------|
| Exercises | | Reps |
| plank to sunrise | left side to right side = 1 | 10 |
| Russian twists | | 30 |
| figure 4s | | 20 each side |
| dolphin kicks | | 30 secs |
| flutter kicks | | 30 secs |