

Activity	Sets x Reps	Exercises	Teaching Cues & Reminders	Notes
Activation	Crawling #2	Sideways Bear	Hips low, Knees low	
		Forward Plank	Hips in line with shoulders and heels	
		Banana Rolls	Hip bones or stomach should be the only thing touching ground	
		Cross Crawl		
	Animal Circuit	Spiderman and reach	Nose follows thumb up to sky, then reach across under the leg	
		Pigeon	Knee pointed forward, shin flat to ground, push heel up to opposite shoulder	
		Down Dog/Cobra	Nose to the toes, press head through elbows	
		Frog Curls	Feet land flat and always move together	
	Upper Stability #1	Up/Down	Maintain tension in the band, arms move straight up and down	Band above the wrists, use an appropriate amount of tension
		In/Out	Maintain tension in the band, arms move straight side to side	
		Truck Driver	Maintain tension in the band, arms move in circular motion as if turning a wheel	
		Over/Back	Maintain tension in the band, finger tips to the ceiling, arms vertical	
	Lower Stability # 1	Forward walk	Keep tension in band, feet step straight forward and back, athletic stance	Miniband right above the ankles for all Lower 2 exercises
		Side-step	Keep tension in band, small steps, athletic stance	
		Carioca	Keep tension in band, right over left then left over right, athletic stance	
		Monster walk	Keep tension in band, back foot steps in then out and forward, athletic stance	
Main Set	4 rounds			
	1 x 5ea	Lateral lunge + twist	Step out wide, reach hips back, twist over stepping foot	
	1 x 12ea	SA row	Sit up tall, shoulders back, hand moves along the leg and back	
	1 x 5ea	Forward lunge + twist	PVC held out front to start, at bottom of lunge arms forward and rotate over lead leg	
	1 x 10ea	Deadbug	Arms and legs straight, slow and controlled movement	Add weight as you feel
	4 Rounds			
	1 x 10ea	SLDL	Knee comes up to start, push straight back and don't let hips roll	
	1 x 10	V-up	Hands and feet rise together, legs and arms stay straight	
	1 x 10	Push-up	Hands under shoulders, chest and legs move together, elbows in tight	
	1 x 10	Superman	Chest and legs off the ground and hold for 3s	

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Main Set	4 rounds			
	1 x 15ea	SA row	Sit up tall, shoulders back, hand moves along the leg and back	
	1 x 10ea	Alternating V-up	Alternating leg V-ups	
	1 x 15ea	Death march (weighted)	Front leg straight, back leg relaxed but touching ground, reach down to toes with neutral spine	
	1 x 10	Burpees	Hands down, feet back together, feet up together	
	4 rounds			
	1 x 10	Frog Jumps	Squat low, jump high, pull knees up at top of jump	
	1 x 20ea	Russian twists	Feet off the ground, full rotation to touch the ground on each side	
	1 x 8	Plyo pushup	EXPLOSIVE movement, get hands up off the ground with speed	
	1 x 20ea	Bicycle	One side finishes moving before the other begins	