

SENIOR TEAM COVID-19 DRYLAND

Week 4 / Day 1

Pre-Stretch & Activation

1. Prep

Prone Y Iso Hold x 30 sec ea (x3 ea side)

2. Activation

- a. SL Glute Bridge x 5ea
- b. Supine Snow Angel Press x 10
- c. SL Reach RDL x 5 ea
- d. Yoga Push-Up x 5

3. Movement Prep

- a. Fwd Skip + Backward Skip x 15 yds ea
- b. Lunge Walk & Reach x 10 yd ea (or 5 on ea leg)
- c. Inchworm x 10 yd ea (or 6 complete worms)
- d. A-Skip x 20 yds

4. Plyos

- a. 5 Repeat Vertical Jumps x 2
- b. Alt. Bounding 2 x 20 yds

5. Speed: Week 2 -Conditioning

Hill Sprints 8 x 20 yds (20 yds walking-rest)

6. Bodyweight Options (3 sets total):

- a. Jump rope x 60 (fake it if you don't have a rope)
- b. Side plank x 20 ea side
- c. Overhead squat x 10
- d. Squat jump (max height!) x 8
- e. Push ups x 3-8
- f. Reverse cross-over lunge x 6 ea
- g. Lateral squat (monster) walk (20 x ea side)
- h. Plyo (explosive) push ups x4
- i. Pull ups x 3-6