**SENIOR TEAM COVID-19 DRYLAND**

**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**

1. 5 Repeat Vertical Jumps x 2
2. Alt. Bounding 2 x 20 yds

**5 Speed: Week 1 -Conditioning**

Hill Sprints 6 x 10 yds

**6 Bodyweight Options (3 sets total):**

1. Jump rope x 60 (fake it if you don’t have a rope)
2. Side plank x 20 ea side
3. Overhead squat x 10
4. Squat jump (max height!) x 8
5. Push ups x 3-8
6. Reverse cross-over lunge x 6 ea
7. Lateral squat (monster) walk (20 x ea side)
8. Plyo (explosive) push ups x4
9. Pull ups x 3-6