

Workout # 5

Please Note: In BLACK are the number of repetitions, for intermediate is in RED and for beginners/younger athletes in BLUE. If it is all black (ex. 2 sprint shuttle) is it for everyone.

Black= 13& Over

Red= 10-12 years old

Blue= 9 & younger

Above is the general guideline, but feel free to follow whatever workout is appropriate for you.

Activation & Warm-up (less than 15 minutes):

3x(6-10 (5-8)(4-7) repetitions of each exercise)

1. Step into trunk rotation
2. Abs + back stretch
3. Chained squat
4. Bridge
5. Split + hand walk out
6. Roll in & out

At the end the 3rd round do 100 Abdominal of your choice

Aerobic workout (60 minutes):

2x

2 minutes sprint shuttle (fast out, easy back)

10 (8)(6)repetitions bridge

10 (8)(6)repetitions leg swing into jump

30 seconds break at the end of the second round

*2x

2 minutes Sprint + jump into hand walkout +burpee

2 minutes Jump + run backward

2 minutes Sprint start + 2+ 1+ Jump

30 seconds break at the end of the second round

*repeat this round at the end of the workout

2x

10 (8)(6) repetitions (5 each leg) side lung

10 (8)(6) repetitions Lateral skater

10 (8)(6) repetitions superman 1 foot

30 seconds break at the end of the second round

6(5)(4)x

**Bridge

**Leg swing into jump

**Side Lunge

**Lateral skater

**Sprint Start+ 2+1+ jump

30 seconds break at the end of the fourth, fifth and sixth round.

** The number of the round is equal to the number of the repetition. Example, round # 1= 1 repetition each exercise; round#2 = 2 repetitions of each exercise; round # 3= 3 repetitions of each exercise..etch