San Antonio Wave Training Dryland
Tuesday, April 13, 2021

Warmup/Mobility (:30)

- Sun Salutations (x3)
- Jog
- Windmills
- Hip Openers
- Squat Touches
- Ankle Hops
- Side Lunges

Set 1: Bands/Weights 2x (:30/:10)

- Horizontal Abductions
- External Rotations
- Shrugs
- Shields
- T Pose

Set 2: Cardio (:60/:15)

- Jog
- Lunge Jumps
- Burpee w/ Lunge
- Lateral Squat Jumps
- Broad Jump w/ High Knees

Set 3: Core (:45/:15)

- Rope Climbers*
- In N Out Abs
- Flutter Kicks
- Penguin Crunches
- 6 in Hold

Set 4: Hip Strength + Mobility (:40/:10)

- Stationary Lunges
- Side Lunges w/ Heel Lift
- Prone Hip Internal Rotations
- Side Leg Raises (lift both legs)
- Reclined Pigeon Stretch

Set 5: Med Balls (:40/:15)

- Standing Oblique Twists
- Squat to Press
- High Knees
- Single Leg Deadlifts (x2)

Stretching/Recovery

Sun Salutations