

COVID-19 Session # : 15

Warm-Up - Foundational / Dynamic

<u>Movement</u>	<u>Sets</u>	<u>Weight</u>
Plyometrics w/ Hurdle	10 x 4 Sec.	<i>Hurdle</i>
Lateral Hurdle Switch	4 x 10 Sec.	<i>Hurdle</i>
Weighted Split Jump Split Jump	2 x 5 2 x 5	<i>Compound Set</i>
Bound Bound Forward Hop	x 6 Ea. Way	
Calf Burnout	x 2	<i>Add Weight</i>
Slider Hamstring	2 x 10 Ea. Leg	<i>Towel and Floor</i>
Single Leg Box Side Squat	3 x 7 Ea. Leg	
Bike Conditioning	15 Sec. On 45 Sec. Rest x 4	<i>Bike</i>
Play a Game (No video games)	15 min.	

Abs: Choice

Quote of the Week:

"You can't have a million dollar dream on a minimum wage work ethic."

- Anonymous

