

MOBILITY

90s/90s Couch Stretch
90s/90s Pigeon Stretch
Open Gate (10m)
Close Gate (10m)
Heel Walking (10m)
Toe Walking (10m)
Walking Lunges (10m)
Reverse Lunges (10m)
Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
Butt kicks (10m)
Punter Kicks (10m)
Forward Skips (10m)
Backward Skips (10m)
Lateral Side Shuffle Down (10m)
Lateral Side Shuffle Back (10m)
2x:
10 Squats
10 Push Ups

INTENSITY

Reps (i.e. 3x15)

Time Length
(i.e. reps for 30secs)

Added Pause
(i.e. pause at the top of the movement for a 1-3 count)

Drop Set
(with 2 bands)
(i.e. 20 reps with 2 bands, drop one, 10 reps with 1 band)

SHOULDERS

Anterior Raises
Lateral Raises

Empty Can
Upright Row

Rear Delt (dual or single)

CHEST & BACK

Standing Flies
Standing Rows

Banded Push Ups
Lat Pull Down

LEGS

Squats
Lateral Kicks (standing or lying)

Lateral Stepping
Forward Walking

Good Mornings
Static Lunges

Kickbaacks

ARMS

Bicep Curls
Hammer
Palm Up
Tricep Press Downs

Bicep Curl
Lateral
Palm Facing Down
Tricep Kickbacks (single)