

Date	The Athlete Experience #1	Time
9.5.18		
	Progressive warm-up:	5-10 min.
	Warm-up, hip openers, kicks, air squats, forward and side lunges Slow jog through STAIR LOOP; toy soldier; stand on one leg balance Single opposite toe touch Yoga mat: plank, plank with hip dips side to side	
	Phase 1:	5 min
1	Air squats with band around knees (15 reps with 1 second stick)	
2	Walking lunge w/ band around wrists (RTC) forward reach - pick a line	
	Phase 2: Hip hinge focus	5 min
3	Band over + under 30 sec each, switch positions. Over = hop, double or single leg. Under = boxing movement (hold med ball for added resistance)	
4	Band horizontal rotation - 5 reps each side + 5 forward presses	
	Phase 3:	5 min
5	Med ball slams (5) -- slow pace, hard effort	
6	Suicide run - short	
	Phase 4:	5 min
7	Trail + stair loop *OR* Isometric forward lunge (hold for 10 count each position)	
	Repeat entire series again!	
	Dynamic cool down	
	www.MoveMend.info	