

Date	TheAthlete Experience #4	Time
9.26.18		
	Progressive warm-up:	5-10 min
	Warm-up, hip openers, kicks, air squats, forward and side lunges; Slow jog through STAIR LOOP; toy soldier; one leg balance Yoga mat: plank, plank with hip dips side to side; BRIDGES	
	Phase 1: Next to mats - placed in a CIRCLE	5 min
1	Plank or push-up into down dog	30 sec cycles
2	Quad with knees up - fire hydrant + circles	30 sec cycles
	Phase 2: Run Drill	5 min
3	Run to cone - power jump - recovery shuffle back to line	
4	Single leg hackey sack foot touch	5 reps ea.
	RUN LOOP	Slow/Med Pace
	Phase 3: Bands	5 min
5	Pair up - trunk band rotations 1: isometric straight arm hold 2: straight arm trunk rotation	30 sec cycles
6	Face each over - hold band overhead and squat	30 sec cycles
	Phase 4: Med Ball	5 min
7	Group 1: Band bicep curls - curl until group 2 returns	
8	Group 2: Lunge 5 steps with ball on shoulder (L out - R back)	
	RUN LOOP	
	Repeat entire series again!	
	Dynamic cool down	
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