

ACTIVE DYNAMIC WARM-UP

20 Minutes	Exercise					
	Pillar Prep ¹	Circuit	Time	Distance		Rest
	Plank on Elbows	2	15 sec.			
	Side Plank (right)	2	15 sec.			
	Bridge	2	15 sec.			
	Side Plank (left)	2	15 sec.			
	Movement Prep	Sets	Time	Distance	Reps	Rest
	World's Greatest Stretch				1	
	Bretzel		10 sec. hold		2	
	Inverted Hamstring				2	
Handwalks			10 yards	1		

Exercise					
Agility	Sets	Time	Distance	Reps	Rest
In, In, - Out, Out				2	
"T" Drill				2	
Muscle Activation	Sets	Time	Distance	Reps	Rest
Sprinter Arms (Sitting)		10 sec. ea.		3	15 sec.

Note: ¹ "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

ELASTICITY and STRENGTH

20 Minutes	Exercise					
	Elasticity	Sets	Time	Distance	Reps	Rest
	H/M/L Medicine Ball	2			10 each	20 sec
	Hurdle Jumps (fwd and Bkwd)	2			8 each	20 sec
	Strength ²	Circuits	Time	Distance	Reps	Rest
	TRX Chest Press/ or Push Up	2			12 each	
	Standing Row	2			12 each	
Split Squat	2			12 each		

Note: ² "Strength" is a circuit program = (Perform: "Rotary Push", then "Standing Row", then "Split Squat"). Then repeat circuit.

CONDITIONING

15 Minutes	Exercise					
	ESD	Sets	Time	Distance	Reps	Rest
	Versa-Climber		10-20 sec.		5-12	30-60 sec.
	Tread Mill		10-20 sec.		5-12	30-60 sec.
Box Drill				5-12	30 sec.	

Exercise					
ESD	Sets	Time	Distance	Reps	Rest
"T" Drill					
Sleds		10-20 sec		5-12	30-60 sec.
Prone 5-10-5 Drill				5-12	30-60 sec.

Note: "ESD" is a high intensity, maximal effort, anaerobic interval training. Choose 1 exercise modality. The work ratio is 10 to 20 seconds while the rest ratio is 30 to 60 seconds. Slowly progress the number of repetitions as tolerated.

RECOVERY

5 Minutes	Exercise					
	Recovery ³	Sets	Time	Distance	Reps	Rest
	Foam Roller					
	Supine		30 sec.			
	Glutes		30 sec.			
	Hamstring		30 sec.			
	Calves		30 sec.			
	Inner Thigh		30 sec.			
	Chest/Shoulders		30 sec.			
	IT Bands		30 sec.			

Exercise					
Stretches ³	Sets	Time	Distance	Reps	Rest
Calves and Hamstrings		30 sec.			
Hipflexors and Quads		30 sec.			
Adductors		30 sec.			
Hip Rotation and Posterior		30 sec.			
Bretzel		30 sec.			
90/90 Shoulder		30 sec.			

Note ³: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.