

POWER STRENGTH

TRAINING SYSTEMS

Warmups

<u>Warmup 1</u>		<u>Warmup 2</u>	
Jumping Jacks	20	Seal Jumps	10
Downward Dog, Strider, Both Reaches	2 each	Jumping Jacks	10
Cat/Camel	5	Hands Behind Back Neck Circles	3 each
Alternating Supermans	10	Cat/Camel	5
Pushups	5-10	Downward Dog, Strider, Elbow Drop, Reach	2 each
Mountain Climbers	10	Frog Stretch Rockers	5
Groiner w/ Stand Up	3	Frog Stretch Pec/Lat Stretch	2 each
Cossack Squat	8	Blackburns	8
Straight Leg Kick	5 each	Pushup	5-10
Single Leg Glute Bridge	8 each	Mountain Climbers	20
Glute Bridge March	8	Figure 4 Glute Bridge	8 each
BW Squat	8	Glute Bridge Walkout	3 trips
Gate Swings	8	Cossack Squat	8
Wideouts	20	Gate Swings	8
Low Pogos	20	Wideouts	20
Seal Jumps	20	Low Pogos	20

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Warmups

<u>Warmup 3</u>		<u>Warmup 4</u>	
Straight Leg Kicks	5 each	Cat/Camel	5
Scap Floor Slide w/ Flip	5	Adductor Rockers	5 each
Hip Crossovers	10	Strider w/ Both Reaches, Glute Stretch	2 each
Cat/Camel	5	Pec/Lat Stretch	3 each
Chest Stretch, Reach-Through	3 each	YTW Holds	5s each
Strider, Hip Pop, Glute Stretch	2 each	Pushup to Downward Dog	5
YTW Raises	5 each	Mountain Climbers	20
Quadruped Scap Pushups	10	Groiner w/ Stand Up	3
Pushups	10	Figure 4 Glute Bridge	8 each
Groiner w/ Stand Up	3	Glute Bridge March	8
Glute Bridge w/ 2s hold at top	10	Glute Bridge Walkout	2
Glute Bridge March	8	Squat, Crossover Lunge, Lateral Lunge	2 each
Glute Bridge Walkout	2	Gate Swings	8
Squat, Forward Lunge, Reverse Lunge	2 each	High Pogos	10
Jumping Jacks	15	Seal Jumps	15
Seal Jumps	15	Jumping Jacks	15