

FOUNDATIONS OF POWER & SPEED

COMPLETE 1 SET OF EXERCISES 1 - 3

MOBILITY

1.
Wall Calf Stretch
8 REPS /
2 SECS



2.
Band Leg Lowering
10 REPS



3.
Hip Adductor Rocks
8 REPS /
2 SECS



COMPLETE 2 - 3 SETS OF EXERCISES 4 - 6

ACTIVATION

4.
Elbow Get Up
10 PER SIDE



5.
Front Plank
UP TO
60 SECS



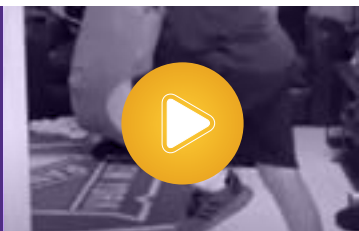
6.
Hip Bridge
8 REPS



COMPLETE 2 - 3 SETS OF EXERCISES 7 - 8

SPEED

7.
Wall Switches
10 REPS



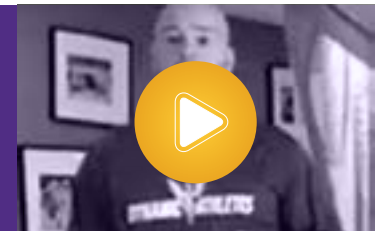
8.
Arm Swings
10 REPS



COMPLETE 2 - 3 SETS OF EXERCISES 9 - 10

POWER

9.
Lateral Bounds
6 REPS



10.
Split Squat + Punch
6 REPS

