



Saturday's Workout

1. Abs

1. Bicycles 1 x 50
2. Reverse Crunch to Crunch 1 x 20
3. V-Twist 1 x 22 total
4. Side Crunch 1 x 22 each side

3. Lift

1. Plate Twist 1 x 12 each side
2. PB Twist 1 x 22 total
3. Prone PB Quadruplets 1 x 8 total
4. Quadruplet Combo 1 x 8 total
5. Supine SL Extension on PB 2 x 6 each side
6. Supine SL Extension with Chest Fly
2 x 5 each side
7. Balance Board Mobility 2 x 30 seconds
8. Seated Adductor Stretch
1 x 16 seconds each side
9. SL Kettlebell Upright 2 x 8 each side

4. Cool-Down

1. SL Hip Adduction with Cable on Bosu
1 x 22 each side
2. SL Hip Abduction with Cable on Bosu
1 x 22 each side
3. SL Medial Hamstrings with Cable on Bosu
1 x 16 each side
4. Terminal Knee Extensions on Bosu
1 x 16 each side

4. Cool-Down cont.

5. RB Walking 2 x 20 yards each side
6. Hang and Twist 1 x 8 total
7. Hanging Toe Ups 1 x 8 total
8. Hanging Crossovers 1 x 8 total
9. Hang and Twist Half Range 1 x 8 total
10. Balance Board Skater Lunge 1 x 22 total
11. Balance Board Sumo Squat 8-6-8
12. Lateral T-Steps 1 x 22 total
13. PB Bosu Bridge or Double PB Bridge
1 x 30 seconds

5. Conditioning

1. Bike Level 2
 1. 75-86 rmp
 2. 55° at knee joint
 3. Maintain heart rate below 110 bpm

KEY:

RB = resistance band

MB = medicine ball

SL = single leg

PB = physio ball

ADD = adduction

ABD = abduction