



Thursday's Workout

1. Abs

1. Bicycles 1 x 50
2. Foam Roller Quadruplets 1 x 16 each side
3. Foam Roller Leg Circles 1 x 16 each side
4. Foam Roller Toe-Ups 1 x 22 total
5. Kneeling Wood Chop on PB 1 x 12 each side

2. Plyometrics

1. Shoulder Combo 1 x 5 each exercise
2. Jump Rope 2 x 30 seconds

3. Lift

1. SL Chest Press 3 x 5 each side
Between Sets:
 1. Shoulder Multidirectionals 1 x 30 seconds
 2. Push-Up to Pop-Up 1 x 8
 3. Push-Up with Lower-Extremity Crossover 1 x 8 total
 4. Shoulder Rotators with RB 1 x 30 seconds
2. Push-Up to High-Five 2 x 8 total
3. Fast-Twitch Multi-Lunge Combo 2 x 2 each exercise
4. Weighted Multidirectional Lunges 2 x 2 each exercise
5. Step-Up to Heel Raise 1 x 8 each side
6. Alternating Step-Ups 1 x 16 total
7. Sagittal Fast-Twitch Step-Ups 2 x 30 seconds
8. Frontal Fast-Twitch Step-Ups 2 x 30 seconds

3. Lift cont.

9. SL RDL 2 x 5 each side
10. SL Squat 2 x 5 each side
11. Double Leg Hamstring Curls 1 x 12
12. SL Hamstring Curls 1 x 12 each side
13. Roadrunners 1 x 30 seconds
14. Straight-Grip Pull-Ups 2 x 8
15. Split-Lunge Golf Chops 1 x 3 each side
16. Split-Lunge Biceps 2 x 8 total

4. Cool-Down

1. Supine Toe-Ups 1 x 22 total
2. Supine Crossovers 1 x 22 total
3. Prone Hip Extensions 1 x 22 total
4. Prone Crossovers 1 x 22 total
5. Supine Adductor Ball Rolls 1 x 22 total
6. Supine Ball Claps 1 x 22 total
7. Reverse Extensions on PB 1 x 16
8. Ankle RB Combo 1 x 16 each exercise
9. PB Bosu Bridge or Double PB Bridge 1 x 30 seconds

5. Conditioning

1. Pattern Run 60 yards 1 x 8

KEY: RB = resistance band MB = medicine ball SL = single leg
PB = physio ball ADD = adduction ABD = abduction