



Wednesday's Workout

1. Abs

1. Bicycles 1 x 50
2. Sit-Up to Overhead Press 1 x 22
3. Off-Bench Banana Crunch 1 x 12 each side
4. Off-Bench Obliques 1 x 8 each side
5. Reverse Crunch to Sky Crunch 1 x 22
6. V-Twist 1 x 22 total

2. Plyometrics

1. Skater Bounding 2 x 20 yards
2. SL Skater Jumps 2 x 30 seconds

3. Lift

1. Hang Clean 4-4-4
2. Squat 4-4-8-6-8
Progression Between Sets:
 1. Plyo Box Jump 1 x 4
 2. Plyo Box Jump 1 x 4
 3. Plyo Jump to SL Balance 1 x 2 each side
 4. 90° Plyo Box Jumps 1 x 4 total
 5. SL Plyo Jump to SL Balance
1 x 2 each side
3. Single Arm Dumbbell Row 2 x 5 each side
4. SL RDL to Cable Row 2 x 8 each side
5. SL Squat 2 x 5 each side
6. Double Leg Hamstring Curls 1 x 10
7. SL Hamstring Curls 1 x 15 each leg
8. Roadrunners 1 x 30 seconds
9. Deadlift 2 x 8

4. Cool-Down

1. Adductor Bridge 1 x 30 seconds each side
2. Terminal Knee Extensions 1 x 16 each side
3. Terminal Knee Extension Squat 1 x 8
4. SL Hip Adduction with Cable on Bosu
1 x 22 each side
5. SL Hip Abduction with Cable on Bosu
1 x 22 each side
6. SL Medial Hamstrings with Cable on Bosu
1 x 16 each side
7. PB Bosu Bridge or Double PB Bridge
1 x 30 seconds

5. Conditioning

1. 660 yards in 1:55 x 2 with 6:00 rest

KEY:

RB = resistance band

MB = medicine ball

SL = single leg

PB = physio ball

ADD = adduction

ABD = abduction