



10.2 Strength

Circuit 1: 3 sets

Duck walk to band row: 5 reps

Sumo squat w/ heel raise: 10 reps each

Standing medicine ball rotation: 6 reps each (5,0,0)

Circuit 2: 3 sets

Pike push up: 6 reps (5,0,0)

Crunchy frog: 10 Reps (5,0,0)

Single leg squat to bench: 6 reps each (5,0,0)

Circuit 3: 3 sets

Split squat to Overhead Press: 8 Reps Each (5,0,0)

Banana boat: 4 Reps Each

Single leg, straight leg deadlift w/ medicine ball extension: 8 reps each (5,0,0)