



❖ **Warm-up (8 minutes) Pulse Raiser**

1. Jog in place (20 steps)
2. High Knees, High Heels (10 each)
3. Open Gate, Close Gate (10 each)
4. Cross Kicks (below waist height and above waist height) (10 each)
5. Straight kicks (below waist heel extended, above waist toe extended) (10 each)
6. Tiptoe walk (stepping side to side) (20 steps)
7. Heel walk (stepping side to side) (20 Steps)
8. Kickbacks and kick outs (10 each)
9. Skipping (low power skip, regular, and for height) (10 each)
  - 2 sets

❖ **Standing Strength training (25 minutes)**

1. Straight Leg Extension {Quad, hamstring, and glute strength} --Toe up (7 reps), Outside foot up (7 reps), Inside foot up (7 reps)— Switch legs
2. Lateral Ski Jumps {Lower body strength and proprioception} over ball (10 reps)
  - ❖ 30 second toe-taps
  - 2 sets

1. Lateral Bound {Isometric stabilization, Glute and quad strength} (20 reps)
2. Split Squat {Quad strength and explosiveness} (10 each leg)
  - ❖ 30 second boxes
  - 2 sets

1. Squat Hold w/ ball overhead {Quad and core strength} (15 seconds)- (3 reps)
2. 180 Degree Squat Jump {Lower body strength and proprioception} (10 reps)
  - ❖ 30 second 'toxes'
  - 2 sets

• **Seated Strength training (23, minutes)**

1. Kneeling Push-Up {Chest and core strength} (10 reps if possible, 7 if not)
2. Single Side Extended Crunch {Core stability} (10 each side)
3. Kneeling Leans {Core and quad strength} (10 reps)
4. Penguin Crunch {Obliques or outer abs} (hand to ankle, 20 ankle taps)
  - ❖ Box-Box-Roll (5 rolls each foot)
  - 2 sets

ankle, 20 ankle taps)

- ❖ Box-Box-Roll (5 rolls each foot)
- 2 sets

**1. Seated Leg Lifts {Quad and glute strength}**

- Toe up (7 reps), Outside foot up (7 reps), Inside foot up (7 reps)
- Both Legs

**2. Superstar Hold {Core stability} (15 second hold)**

**3. High Plank {Shoulder stability and core strength} (30 second hold)**

- ❖ Sticky Tape (10 each foot)
  - i. Big to pinky toe, hop when comfortable
- 2 sets

**1. Reverse Plank {Core strength} (30 second hold)**

**2. Throw-in Crunch w/ ball {Core strength} (10 reps)**

- ❖ Yo-Yo (10 each foot)
- 2 sets

**• Cool down (10 minutes)**

1. 20 “step” jog in place
2. Open/close gate (10 each)
  - 2 sets
3. 20 “step” jog in place
4. Tiptoe walk (20 steps)
5. Heel walk (20 steps)
  - 2 sets
6. 20 “step” jog in place
7. Jog with hamstring sweep (20)
  - 2 sets
8. 3-minute jog in place.