

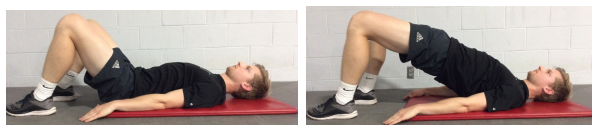
Warm up, then complete one **red** circuit, one **blue** circuit, and stretch.

Dynamic Warm-Up: 25m, see [video](https://www.youtube.com/watch?v=VETnczNIGMA&t=1s) (<https://www.youtube.com/watch?v=VETnczNIGMA&t=1s>)

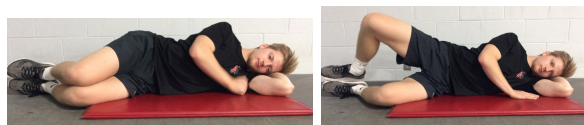
Jog  
High knees  
Butt kicks  
Grape vines  
Side shuffle (R)  
Side shuffle (L)  
Walking quad  
Cradle walk  
Spiderman  
Walking T's

### Part 1: Neuromotor Initiation:

#### Circuit 1a: 3x15 glute bridges, clamshells, SL balance, calf raises



On your back with your knees bent and hip width apart, squeeze your belly button into the ground (aka posterior pelvic tilt) and then lift your hips.



On your side with your knees bent, keep your feet together and raise the top knee.



While balancing on one leg, bring the opposite leg forward as you slightly bend your stance leg. Return to center with your stance leg extended, then repeat to the side and backwards.



Standing one or two legs, raise your heel(s) up from the ground, then slowly lower it back down. (Can progress to a ledge if this is too easy).

#### Circuit 1b: 3x15 BW squats, lunges, fire hydrants, SL abduction



With your feet hip width apart and knees not passing your toes, bring your butt backwards and downwards. Your body weight should be through your heels and your core should remain engaged with your torso upright.



With one leg in front of the other, bend your front knee so that your back knee approaches the ground (each should be  $\sim 90^\circ$ ). Your body weight should be through your front heel, your knee should not go past your toe or wiggle in/out, and your core should remain engaged with your torso upright. Extend your knee and hip to rise back up.

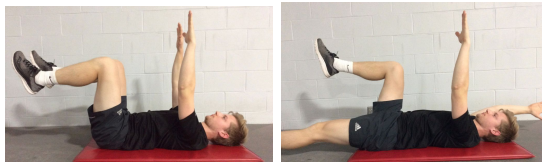


In a table top position with your back straight and core engaged, lift one knee out and up towards the ceiling without changing your back (like a dog using a fire hydrant)

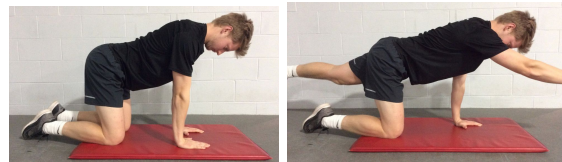


On your side with the bottom leg bent and top leg straight (and in line with your body), raise the top leg up, and then slowly back down.

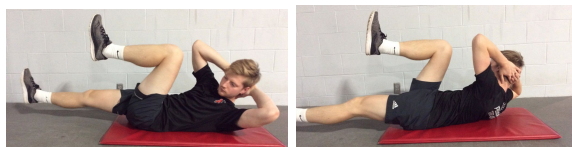
### Circuit 2a: 3x10 dead bugs, bird dogs, bicycle crunches, plank dips



On your back with your hips and arms at 90°, squeeze your belly button into the ground (PPT) and extend your opposite arm and leg.



On your hands and knees with your back flat and core engaged, extend your opposite arm and leg while maintaining balance.



On your back with your legs bent up, alternate meeting your elbow with the opposite knee (while extending the other leg). Be sure to not pull on your neck.



In a low plank position (on your elbows and feet), alternate dipping each hip towards the ground.

### Circuit 2b: 3x plank (30s), LTR, 6 inch hold, side plank (30s)



With your shoulders lined up over your elbows, squeeze your core and keep your body in a straight line from your feet to your head.



On your back with a PPT and legs bent to 90°, bring your knees down to one side (while keeping your upper trunk flat on the ground), and then to the other

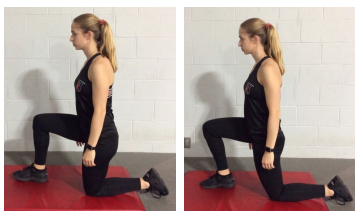


On your back with a PPT, maintain your legs raised ~6 inches above the ground.

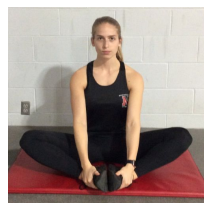


With your shoulder lined up over your elbow on your side, squeeze your core and keep your body in a straight line from your feet to your head.

### Flexibility: (30s) Hip flexor, groin, quads, piriformis, hamstring, calf



In a half kneel, squeeze your core inwards (PPT) and lean forwards.



In a seated “butterfly” position, bring your knees towards the ground.



Using a table/chair, bring your foot toward your butt.



In a seated position with one knee bent, bring the opposite foot on top of the bent knee, then bring that knee towards the chest.



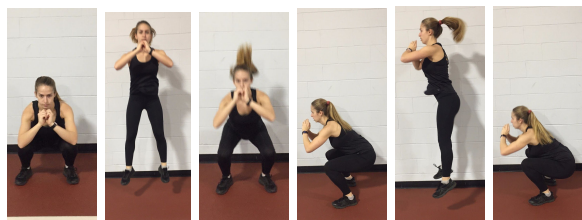
Seated or using a chair, straighten your leg and reach.



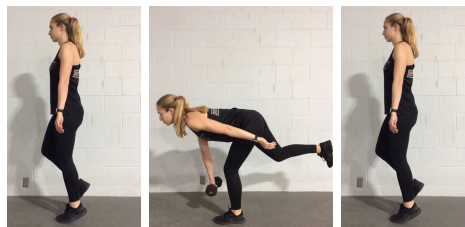
Lean against a wall with the front leg bent and back ankle on the ground. Perform with the leg straight, and then with the leg bent.

## Part 2: Dynamic Progression:

### Circuit 1a: 3x15 squat jump, SL RDL, SL calf raise, lunge jump



With your feet hip width apart and knees not passing your toes, bring your butt backwards and downwards. Your body weight should be through your heels and your core should remain engaged with your torso upright. Explode upwards evenly through both feet, and land the jump with knees bent



Standing on one leg, bring your stance hip back with slight knee flexion while bringing the opposite leg behind your body. Keep your core engaged and not rotated upwards/downwards. Next, extend your hip and knee to return to an upright position.



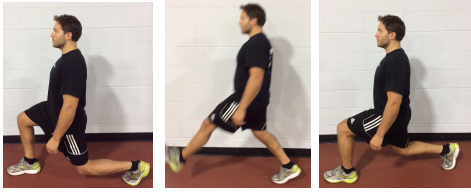
Standing on one leg, raise your heel up from the ground, then slowly lower it back down. (Can progress to a ledge if this is too easy).



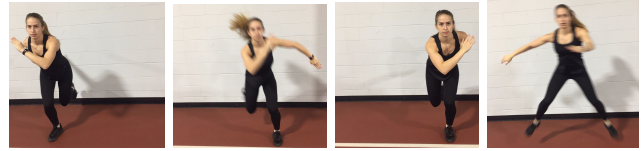
With one leg in front of the other, bend your front knee so that your back knee approaches the ground (see lunge). Explode upwards, switching your legs in the air and landing with knees bent.



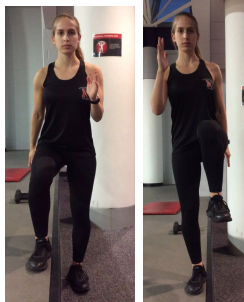
### Circuit 1b: 3x15 walking lunges, skater jumps, lateral step ups, burpees



With one leg in front of the other, bend your front knee so that your back knee approaches the ground (each should be ~90°). Your body weight should be through your front heel, your knee should not go past your toe or wiggle in/out, and your core should remain engaged with your torso upright. As you rise up, advance the back leg towards the front to switch sides.



Begin on one leg with your knee slightly bent. Leap in the direction opposite the weight bearing side to land on the other leg with your knee slightly bent. Your knee, hip and foot should stay lined up.



Place one leg on a box/step beside you, and as you raise your body up do not allow that knee to pass your toe or wiggle in or out. Squeeze your core to keep your trunk upright and hips level. Leaving that same foot on the step, slowly lower yourself back down.

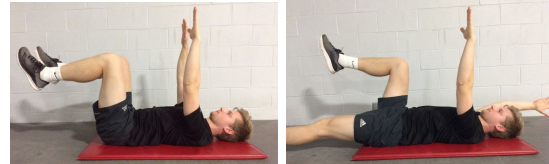


From standing, bring your body to the ground and kick your legs out into a push-up position. Bring your legs back in concurrently, then jump up with your hands above your head.

### Circuit 2a: 3x10 SL glute bridge, dead bugs, side plank clams, plank (60s)



On your back with your knees bent and hip width apart, squeeze your belly button into the ground (aka posterior pelvic tilt) and then lift your hips.



On your back with your hips and arms at 90°, squeeze your belly button into the ground (PPT) and extend your opposite arm and leg.



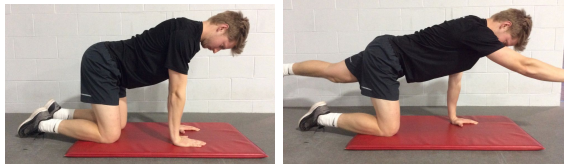
In a side plank on your elbow and knees, elevate the upper knee (a clamshell position)



With your shoulders lined up over your elbows, squeeze your core and keep your body in a straight line from your feet to your head.



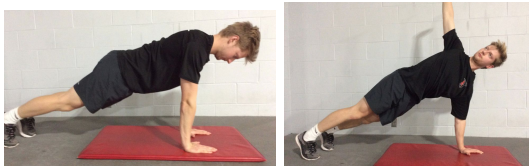
## Circuit 2b: bird dogs, SL balance, twist-ups, inchworm



On your hands and knees with your back flat and core engaged, extend your opposite arm and leg while maintaining balance.



While balancing on one leg, bring the opposite leg forward as you slightly bend your stance leg. Return to center with your stance leg extended, then repeat to the side and backwards.



In a high-plank position (on feet and hands), twist upward (leading with your hand) to face the ceiling. Alternate sides.

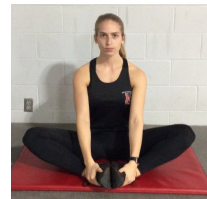


Start standing, and walk your arms out into a high-plank position. Your core should be engaged, with your body in a straight line from your feet to your shoulders. Walk your legs back up to your hands, then repeat.

## Flexibility: (30s) Hip flexor, groin, quads, piriformis, hamstring, calf



In a half kneel, squeeze your core inwards (PPT) and lean forwards.



In a seated “butterfly” position, bring your knees towards the ground.



Using a table/chair, bring your foot toward your butt.



In a seated position with one knee bent, bring the opposite foot on top of the bent knee, then bring that knee towards the chest.



Seated or using a chair, straighten your leg and reach.



Lean against a wall with the front leg bent and back ankle on the ground. Perform with the leg straight, and then with the leg bent.

**Optional:**

Ladder: [Ladder Video](https://www.youtube.com/watch?v=33mUQrejDVk&t=7s) (https://www.youtube.com/watch?v=33mUQrejDVk&t=7s)

One foot in, forwards/backwards

Two feet in, forwards/backwards

Hops, forwards

Single leg hops, forwards

In-In-Out, forwards/backwards

Single leg hops across, forwards

Out-Out-In-In, forwards/backwards

Hopscotch, forwards/backwards

Sideways

Sideways hops

Sideways In-In-Out-Out

Sideways shuffle