

“STRENGTH AND CONDITIONING MASTERPIECE”

IN GYM:

1. PUSHUP SHUFFLE TO HALFCOURT/ SQUAT & SHUFFLE TO THE END AND BACK TO HALFCOURT
2. SPRINT GYM LENGTH & BACK 2X

IN WEIGHT ROOM:

3. BARBELL SQUAT & PRESS 15X
4. SMITH BAR (OR BENCH) PUSHUP HOLD- SPRINT IN PLACE 45 SEC
5. BAND SQUAT & SKI PULLS (STRAIGHT ARMS) 20X
6. BAND OR CABLE HIGH TO LOW ROTATIONS 15 EACH
7. DUMBBELL INCLINE PRESSES 15X
8. RUSSIAN TWISTS 15X
9. DUMBBELL REACH LUNGES 24X
10. LOW AB LEG PULSES 15X

(3-4 X THROUGH)