

Week 5 - Functional Strength and Agility WO #1

Warmup

Dynamic Warmup	10	min
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Movement Prep	Set 1	Set 2
Jump Rope Session		
1 Jump Rope 2 hops between each rope	1 min.	1 min.
2 Jump Rope 1 hop between each rope	1 min.	1 min.
3 Jump Rope- Criss Cross every other rope	1 min.	1 min.
4 Jump Rope- 2 hops per leg switch legs (continuous boxer jump)	1 min.	1 min.
5 Jump Rope- Doubles (Jump with 2 rope swings before landing)	1 min.	1 min.



Notes

Functional Strength Training				
Objective: Go as heavy as possible while keeping good form.				
		Set 1	Set 2	Set 3
1A	Bench to box/stair jump	8-12	8-12	8-12
				Sitting on a bench or chair, immediately jump up to a box or a stair in your house.
1B	Hand Release Push-ups	8-12	8-12	8-12
				Rows from Plank position, Don't twist upper body on row
2A	Single Leg Step up onto Bench/Chair/ or Box	6 EL	6 EL	6 EL
				Use Dumbbells, or Barbell with weights. Put foot on box and pause for 1/2 a second. Then use the leg with the foot on the box to step up to a standing position.
2B	Dumbbell shoulder Press	8-12	8-12	8-12
3	Hip Thrust DB or Barbell (heavy)	8-12	8-12	8-12
				Chin to chest during the entire movement. Lower leg should be straight up and down. If you don't have weights, do a single leg with a weighted backpack or use another person
4A	DB Skull Crushers	12-15	12-15	12-15
				Google "skull crushers"
4B	DB Alternating Bicep Curls	8-12	8-12	8-12
				Lying on your side, lift your top leg and hold for 5 seconds. This is one rep. If this is too easy, use bands.
5A	Glute Bridge Leg Extension	8 EL	8 EL	8 EL
				Get in a good glute bridge position. Extend one leg straight, hold for 2 to 3 seconds, then lower leg and switch to the other leg
5A	Side Planks	30-45 seconds	30-45 seconds	30-45 seconds
				Side plank, if too easy, raise upper leg for last 10 to 15 seconds.

Cooldown: Walking or Stretching