

## Week 5 - Functional Strength and Agility WO #1

Warmup		
Dynamic Warmup	10	min

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
1B	Hand Release Push-ups	8-12	8-12	8-12
2A	Single Leg Step up onto Bench/Chair/ or Box	6 EL	6 EL	6 EL
2B	Dumbell shoulder Press	8-12	8-12	8-12
3	Hip Thrust DB or Barbell (heavy)	8-12	8-12	8-12
4A	DB Skull Crushers	12-15	12-15	12-15
4B	DB Alternating Bicept Curls	8-12	8-12	8-12
5A	Glute Bridge Leg Extension	8 EL	8 EL	8 EL
5A	Side Planks	30-45 seconds	30-45 seconds	30-45 seconds

Cooldown: Walking or Stretching