

Week 7 - Functional Strength and Agility WO #3



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	Goblet Squat w/ Heels elevated	8-12	8-12	8-12	Heels should be elevated on a weight plate or flat 2x4 .Perform a goblet squat going as low as possible
1B	Incline Bench Press	8-12	8-12	8-12	Bench Press in an incline position
2A	Broad Jump to Box Jump	8	8	8	Stand 5 or 6 ft away from a box or stairs. Jump as far horizontally towards the box. Upon landing immediately jump vertical up onto the box or stair.
2B	Dumbbell Clean to 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 Tricep Kickbacks	12-15	12-15	12-15	Bend over at waist with elbows bent and touching sides. Kickback arms while trying to keep the elbows in the same position. You should feel this working your triceps.
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	RKC Planks	30-45 seconds	30-45 seconds	30-45 seconds	Get in a good plank position on elbows and squeeze quads, glutes and shoulder blades so your body is as far away from elbows as possible. Hold this position
5A	Bicycle Crunches	20-30 each side	20-30 each side	20-30 each side	Side plank, if too easy, raise upper leg for last 10 to 15 seconds.

Cooldown: Walking or Stretching