# November Workouts

**Home Workout Week 2:**
**Warm up: 30 seconds each- high knee pulls- bent over T rotation - squat lateral reach - running butt kicks (2X through)**

**Mobility - Flexibility - Plyo**
**Shoulders**

- Wall Angels: Stand with your back, head, and tailbone flat against a wall, form a "W" with your arms, and slide them slowly up into a "Y" shape while keeping contact with the wall (10)
- Shoulder pass throughs - hold band in both hands, with straight arms, lift arms up and over your head and around to back, bring back over head and forward. (10)
- Scapular Mobilization / Chest Drops: Start on all fours on the floor, keep your arms straight, and gently drop and lift your chest between your shoulder blades (10)
- Lat stretches - Kneel down and rest your hands or elbows on an elevated bench or ball, then sink your chest toward the floor to open up tight lats and improve overhead flexion.

**Hips**

- Low lunge with rotation 5 each leg/rotation
- 90/90 Hip Switches (Internal & External Rotation)
- Lateral hip swings 10 each leg
- Forward/backward hip swings 10 each leg

**Glutes**

- Fire Hydrants 10 each leg
- All fours - Leg Circles 10 each leg
- Figure-Four Stretch (Glute & Deep Hip Release) 30 second hold (X2 each side)

**Hamstrings**

- Supine Hamstring Stretch with Strap (10 second hold x5 each side)
- Good morning RDL (10 each leg)
- Standing high kicks (10 each leg)

**Quads**

- Kneeling Quad / Low Lunge Stretch 20 second hold on each side (2 times each)

**Thoracic spine** -

- Wall-half kneeling open book rotations (10 each direction)
- Kneeling Prayer Extensions (10)
- Prone Tspine rotation -lift and rotate (can use dowel/stick)
- Wall-half kneeling windmill rotations (10 each arm)

**Stairs Plyo workout**

- Elevated linear jumps 3 X10
- Seated vertical jumps 3 X5
- Multi-Directional jumps 3X3 each leg
- RFE (Rear-Foot-Elevated) toe taps 3X8

**Snap Down Plyo workout**

- Snap downs 2X10
- Snap downs to 1 leg 2 X5 each leg
- Snap down to vertical jump 2X10
- Snap down to broad jump 2X10
- Snap down to lateral jump off outside leg 2X 5 each leg
- Snap down to lateral jump off inside leg 2X 5 each leg
- Lateral jump to vertical jump 2X 5 each direction
- Lateral jump to broad jump 2X5 each direction
- Depth jump to lateral jump stick, stand up 2X5 each direction

**Core:**

Bear Hold 30 Seconds
Dead Bugs 8 reps each side
Plank shoulder taps 30 seconds
Reverse crunches 15 rep
Bird Dog hold- 30 seconds each side
(three times through)