

LEGIÖN


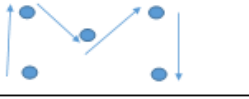


COVID-19 QURANTINE
COUCH ZOMBIE SURVIVAL KIT

- 5 yards = 15 feet
- 7 yards = 21 feet
- 10 yards = 30 feet (width of volleyball court)
- 20 yards = 60 feet
- 30 yards = 90 feet (30ft x3)
- 40 yards = 120 feet (30ft x4)
- 50 yards = 150 feet (30ft x5)
- 60 yards = 180 feet (30ft x6)

Do everything with a purpose!!

Dedication
Determination
Discipline

LEGIION Sports- Conditioning						WK 1+2						
Moves for Athletic Performance												
Tuesday			Thursday									
VK1			VK2			VK1						
VK2			VK1			VK2						
Dynamic Warmup			Dynamic Warmup									
5 yard Sprint and STOP Sprint FAST 5yds and STOP right on the line, hold for 3 seconds			8 times, with 15 seconds rest between		10 times, with 15 seconds rest between	DO ALL JUMP TRAINING BEFORE YOU START THE CONDITIONING						
L Drill 3 cones set up in a 90 degree angle, each 5 yards apart. You finish through the cone you start at. 			3 times each side. 20s rest	4 times each side. 20s rest	Sprint Ladder 10yd sprints 10 X 20s between 1 minute rest 20yd sprints 8 X 25s between 1:15 rest 30yd sprints 6 X 30s between 1:30 rest 40yd sprints 4 X 35s between 1:45 rest 50yd sprints 2 X 40s between 2 minute rest 60yd sprints 0		12 X 20s between	10 X 25s between	8 X 30s between	6 X 35s between	4 X 40s between	2 X 45s between
M Drill 5 cones. Set up 4 in a box, each 7 yards apart. Then 1 goes in the middle, about 3 yards down from the top line. 			3 times each side. 30s rest	4 times each side. 30s rest								
Suicides! YAY! 5yds, back, 10yds, back, 15yds, back, 20, FINISH			8 times, 40s rest between each	10 times, 40s rest between each								
Comments on how it felt:					Comments on how it felt:							
Foam Roll AND STRETCH			Foam Roll AND STRETCH									