



Day 3/6

Focus: Strength & endurance

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|---|-----------|-----------|-----------|--|
| Isometric Hamstring Bridge on Foam Roller | 1. 30 sec | 2. 30 sec | 3. 30 sec | |
| | REST 60s | REST 60s | REST 60s | |

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|---|-----------|-----------|-----------|--|
| Mini Band Isometric Hip thrust with Abduction | 1. 30 sec | 2. 30 sec | 3. 30 sec | |
| | REST 60s | REST 60s | REST 60s | |

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|--|--|----------|----------|--|
| Band Split Stance Isometric Pallof Press | 1. 4-6 | 2. 4-6 | 3. 4-6 | |
| | REST 60s | REST 60s | REST 60s | |
| | Each sideChoose a weight that is comfortable for you | | | |

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|-----------------|---|----------|----------|--|
| Dumbbell Snatch | 1. 4-6 | 2. 4-6 | 3. 4-6 | |
| | REST 60s | REST 60s | REST 60s | |
| | Choose a weight that is comfortable for you | | | |

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|---------------------------------|---|----------|----------|--|
| Medicine Ball Seated Chest Pass | 1. 4-6 | 2. 4-6 | 3. 4-6 | |
| | REST 60s | REST 60s | REST 60s | |
| | Choose a weight that is comfortable for you | | | |