

Warm-Up		Sets	Reps	Time	
Foam Roll					
Calves		1		30 sec	
IT-Band		1		30 sec	
Lats		1		30 sec	
Static Stretch					
Gastrocnemius Stretch		1		30 sec	
Kneeling Hip Flexor Stretch		1		30 sec	
Ball Lat Stretch		1		30 sec	
Core & Balance		Sets	Reps	Tempo	Rest
Cable Rotations		2	12	Medium	0
Cable Lift		2	12	Medium	0
Single-Leg Balance Reach		2	12	Medium	90 sec
Plyometrics		Sets	Reps	Tempo	Rest
No plyometrics					
Speed/Agility/Quickness		Sets	Reps	Distance	Rest
No SAQ					
Resistance	Sets	Reps	Tempo	Intensity	Rest
Total Body: Optional					
Chest: Bench Press	4	5	Controlled	85%	3 mins
Back: Lat Pull Down	4	5	Controlled	85%	3 mins
Shoulders: Seated DB Military Press	4	5	Controlled	85%	3 mins
Biceps: Optional					
Triceps: Optional					
Legs: Single Leg Squat	4	5	Controlled	85%	3 mins
Cool Down					
Repeat Warm-Up Section					

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Y Pai



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