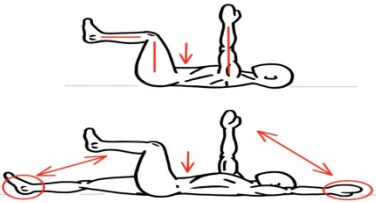

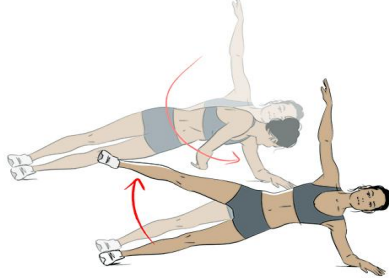

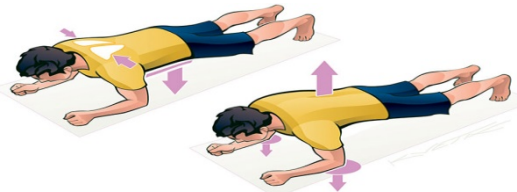



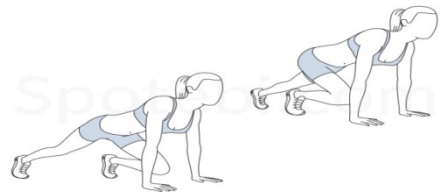


Elite 2 Squad Pre-Pool Land Training

Training Phase: Whole Season

Physiological focus: Flexibility & Blood Flow

| | | |
|--|---|--|
| <p style="text-align: center;"><u>DYING BUG</u></p> <p>Alternate movement of legs & arms</p>  | <p style="text-align: center;"><u>PLANK REACH BACKS</u></p>  | <p style="text-align: center;"><u>SIDE PLANK ROTATIONS</u></p>  |
| <p style="text-align: center;"><u>UP & DOWN DOG</u></p> <p>From a plank arch chest up, then press back on heels and lift hips tucking chin</p>  | <p style="text-align: center;"><u>SCAPULAR PUSH UPS</u></p> <p>Form a table on hands and knees. Drop chest and then round shoulders – not lower back, work the scapulas</p>  | <p style="text-align: center;"><u>Y, T, W, L</u></p>  |
| <p style="text-align: center;"><u>SKIPPING</u></p> <p>Light on your feet. 90 Seconds</p>  | <p style="text-align: center;"><u>SQUATS</u></p> <p>Feet shoulder width. Keep back straight and heels on floor, arms parallel to floor. Sit bottom back until thighs are parallel to floor.</p>  | <p style="text-align: center;"><u>MOUNTAIN CLIMBERS</u></p> <p>In Plank position on hands – keep a straight line from your shoulders to your heels; engage core and lower back. Fast alternating movement of feet to raise HR</p>  |