

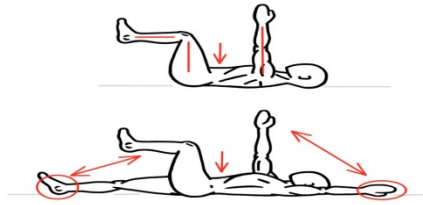
Elite 3 Squad Pre-Pool Land Training

Training Phase: Whole Season

Physiological focus: Flexibility & Blood Flow

DEAD BUG

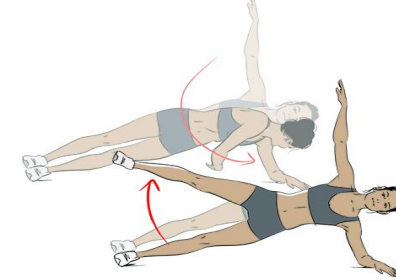
Alternate movement of legs & arms



NINJAS



SIDE PLANK ROTATIONS



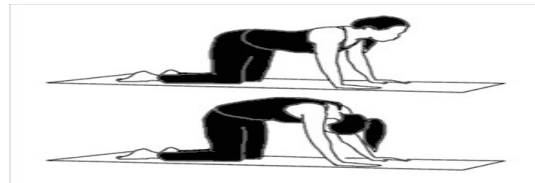
SUPERMAN PLANK HOLD

From a plank hold lift and hold an alternate arm and leg parallel to the floor

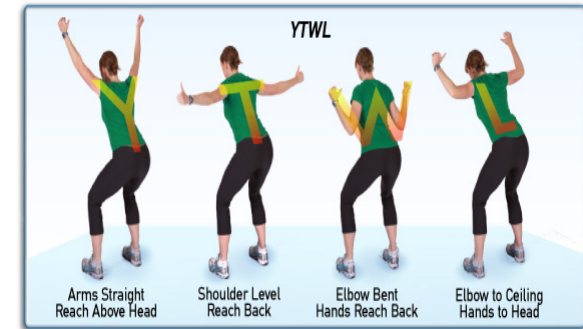


HAPPY CAT – SAD CAT

Form a table on hands and knees. Drop chest and then round shoulders – not lower back, work the scapulas

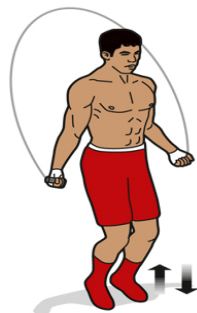


Y, T, W, L



SKIPPING

Light on your feet. 90 Seconds



SQUATS

Feet shoulder width. Keep back straight and heels on floor, arms parallel to floor. Sit bottom back until thighs are parallel to floor.



MOUNTAIN CLIMBERS

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

