



TRUEAP

WARM-UP (LONG & SHORT)

CLICK PICTURE FOR LINK TO VIDEO OF EXERCISE

SEATED MOBILITY

Long: Pick 2
Short: Pick 0
Hold 3s each rep



HIP OPEN-UPS



THORACIC ROTATION



90/90 w/REACH

GLUTE ACTIVATION W/MINIBAND

Long: Squat +2
Short: Squat Slow and Controlled



SQUAT



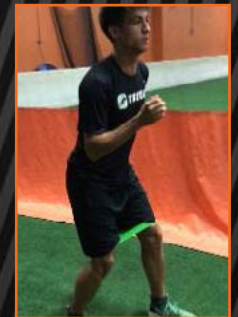
MOBILITY SQUAT



SCISSOR WALK



SIDE STEP



MONSTER WALK

GLUTE ACTIVATION W/O MINIBAND

Long: Pick 2
Short: Pick 1
Hold 3s each rep



SCORPION



ROUNDHOUSE



FIRE HYDRANT

STANDING MOBILITY

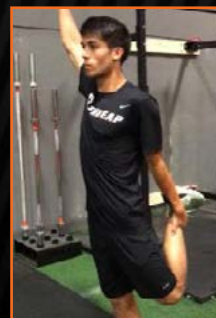
Long: 4 Reps
Short: 2 Reps
Hold 3s each side



KNEE HUG



TOE SWEEP



QUAD PULL



KNEE CRADLE



SIDE LUNGE



TRUEAP

WARM-UP (LONG & SHORT)

MOVEMENT

Long: 10 Yards
Short: 5 Yards
Fast feet
Use arms



STRAIGHT LEG MARCH



HIGH KNEE MARCH



STRAIGHT LEG SKIP



BUTT KICKS



BACK PEDAL & SPRINT



HIGH KNEES



QUICK FOOT CARIOCA



LONG STRIDE CARIOCA



LATERAL SHUFFLE

NEURAL ACTIVATION

Long: Pick 4
Short: Pick 3
Quick movement
No longer than 3s



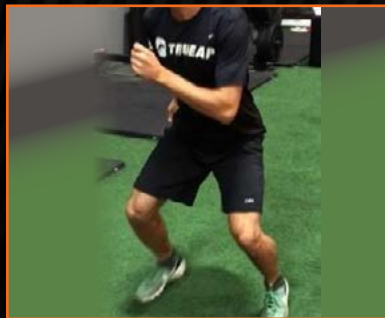
DROPS



DROP TO POGO



DROP TO IN AND OUT



DROP TO POGO + 2 INCH RUN



DROP TO POGO + SPRINT



DROP TO IN & OUT + LATERAL SPRINT