



DATE: --/--/--

AT HOME STRENGTH & CONDITIONING WEEKS 9-12 | SESSION 2

PART I/ Warm-up

Easy Run miles
or/and Jump Rope: 5-minute w/ variations

PART II/ Conditioning

RECOVERY: 1-2 MINS RECOVERY BETWEEN SETS.

	SKATER JUMPS	BLAST-OFF PUSH-UPS	PLANK
SET 1	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>	<input type="text"/>

PART III/ Single-Leg Exercises

RECOVERY: 1-2 MINS RECOVERY BETWEEN REPS AND SETS.

	STEP-UP CURL PRESS	SL SQUAT TOUCHDOWN	ROMANIAN DEADLIFT CURL PRESS
SET 1	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>	<input type="text"/>

Part IV/ Explosive Movements

RECOVERY: 2-3 MINS REST BETWEEN REPS AND SETS.

	POWER STEP-UP	TUCK JUMP	KNEELING JUMPS
SET 1	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>	<input type="text"/>