



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 4 | SESSION 3

PART I: ACTIVATION & WARM-UP

- **Part 1:** Mini-Band Activation Routine
- **Part 2:** 1-4 mile easy run, or 15-30 minute stationary bike ride, or elliptical.

PART II: CONDITIONING

Perform each exercise for 30 secs for as many reps as possible. Transition from one exercise to the other with minimal recovery. Repeat circuit 3x with 1-min recovery between circuits.

1. Mountain Climber
2. Toe Touch Crunch
3. Push-Up
4. Lunge (Right)
5. Lunge (Left)

PART III: UPPER/LOWER BODY

Perform each exercise for 10-15 Reps. Repeat the circuit 3x with 1-2 mins recovery between circuits. Transition from one exercise to the other with minimal recovery.

1. Dumbbell Man-maker
2. Rear Foot Elevated Split Squat
3. Dumbbell Push Press
4. Bodyweight Good Morning

PART IV: DYNAMIC FLEXIBILITY

Perform each movement in a controlled manner for 20 reps or 30 secs. Move through each exercise leisurely. Repeat the circuit 2x.

1. Alternating Knee to Chest
2. Dynamic Glute (Right)
3. Dynamic Glute (Left)
4. Side Bend
5. Toe Touch Reach
6. Dynamic Hip Flexor (Right)
7. Dynamic Hip Flexor (Left)
8. Leg Swing (Right)
9. Leg Swing (Left)
10. Elbow-Ankle Lunge w/ Rotation (Right)
11. Elbow-Ankle Lunge w/ Rotation (Left)
12. Alternating Dynamic Hamstring
13. Dynamic Calf Stretch



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DATA RECORDING FORM

PART I: ACTIVATION & WARM-UP

PART IV: DYNAMIC FLEXIBILITY

MINI-BAND ACTIVATION ROUTINE

CHECK IF PERFORMED

- FORWARD STEP-TOGETHER WALK LEADING RIGHT
- FORWARD STEP-TOGETHER WALK LEADING LEFT
- BACKWARD STEP-TOGETHER WALK LEADING RIGHT
- BACKWARD STEP-TOGETHER WALK LEADING LEFT
- LATERAL WALK RIGHT
- LATERAL WALK LEFT

AEROBIC WARM-UP

CHECK THE ONE PERFORMED

- RUN
- BIKE
- ELLIPTICAL

SET 1 SET 2
CHECK IF PERFORMED

- ALTERNATING KNEE TO CHEST
- DYNAMIC GLUTE (RIGHT)
- DYNAMIC GLUTE (LEFT)
- SIDE BEND
- TOE TOUCH REACH
- DYNAMIC HIP FLEXOR (RIGHT)
- DYNAMIC HIP FLEXOR (LEFT)
- LEG SWING (RIGHT)
- LEG SWING (LEFT)
- ELBOW-ANKLE LUNGE W/ ROTATION (RIGHT)
- ELBOW-ANKLE LUNGE W/ ROTATION (LEFT)
- ALTERNATING DYNAMIC HAMSTRING
- DYNAMIC CALF STRETCH

PERFORM EACH MOVEMENT IN A CONTROLLED MANNER FOR 20 REPS OR 30 SECS. MOVE THROUGH EACH EXERCISE LEISURELY.

PART II: CONDITIONING

PART III: UPPER/LOWER BODY

SET 1 SET 2 SET 3
ENTER NUMBER OF REPS PERFORMED

| | | | |
|------------------|----------------------|----------------------|----------------------|
| MOUNTAIN CLIMBER | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| TOE TOUCH CRUNCH | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| PUSH-UP | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| LUNGE (RIGHT) | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| LUNGE (LEFT) | <input type="text"/> | <input type="text"/> | <input type="text"/> |

PERFORM EACH EXERCISE FOR 30 SECS FOR AS MANY REPS AS POSSIBLE. TRANSITION FROM ONE EXERCISE TO THE OTHER WITH MINIMAL RECOVERY. WITH 1-MIN RECOVERY BETWEEN CIRCUITS.

SET 1 SET 2 SET 3
ENTER NUMBER OF REPS PERFORMED

| | | | |
|---------------------|----------------------|----------------------|----------------------|
| DUMBBELL MAN-MAKER | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| RFE SPLIT SQUAT | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| DUMBBELL PUSH PRESS | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| GOOD MORNING | <input type="text"/> | <input type="text"/> | <input type="text"/> |

PERFORM EACH EXERCISE FOR 10-15 REPS. REPEAT THE CIRCUIT 3X WITH 1-2 MINS RECOVERY BETWEEN CIRCUITS. TRANSITION FROM ONE EXERCISE TO THE OTHER WITH MINIMAL RECOVERY.