

Agility and Core Workout for all Groups 5/2/20

Warm Up:

1. Review the IMG Video series posted under the Agility Section on the Workouts page from Youtube even if you watched it last week.
2. 15 minutes of cardio: run, bike, skate, elliptical, stepper, etc...
3. Do the IMG Dynamic Warm Up: 15 squat jumps, 20 second ankle hops, 5 single hops (series)

Workout:

2 Rounds together

JUMPS

10 streamline vertical jumps

10 standing broad jumps

10 lateral bounds

10 start jumps (get down into your starting position on the blocks and jump as high and as far as you can)

LINE DRILLS

15 seconds jumps front and back both legs

15 seconds (ON EACH SIDE) jumps alt foot front and back

15 seconds jumps side to side both legs

15 seconds jumps criss cross

12 x Linear Acceleration Drills (fwd + back + fwd) (see video)

CORE

2 Rounds together

60 Second plank

30 second rest

10 push ups

15 second rest

60 second mountain climbers

30 second rest

10 push ups

15 second rest

60 second flutter kick on back

Finish by doing Coach Katie's stretching & flexibility.