

WARM UP x 3 sets	
<i>Raise body temp</i>	
1. Squats	5 reps
2. Cross Body Wall March	5 reps/side
<i>Activate</i>	
3. Prisoner Hinge	5 reps
4. Side Lying Overhead Windmill	5 reps/side
<i>Mobilise</i>	
5. Adductor Rock Backs	5 reps/side

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Reverse Lunge Touchdown	35s	25s	40s	20s	45s	15s	40s	20s
A2	Seal Jack	35s	25s	40s	20s	45s	15s	40s	20s
A3	Shoulder Tap	35s	25s	40s	20s	45s	15s	40s	20s
A4	Sprinter Squat	35s	25s	40s	20s	45s	15s	40s	20s
A5	Plank Saw	35s	25s	40s	20s	45s	15s	40s	20s
B1	Mountain Climber Switch	35s	25s	40s	20s	45s	15s	40s	20s
B2	Leg Flutterers	35s	25s	40s	20s	45s	15s	40s	20s
B3	Side Step Squat	35s	25s	40s	20s	45s	15s	40s	20s
B4	Pike with Toe Tap	35s	25s	40s	20s	45s	15s	40s	20s
B5	Butterfly Sit Ups	35s	25s	40s	20s	45s	15s	40s	20s