

# Ⓐ Joint Mobility

WED 10-13-10

- ⓑ MONKEY BARS & PLYO JUMPS
- 3x Quick Singles + Low Switch Jumps 6ea
- 2x "Hops" + Jump w Knee Tuck 8
- 3x Laterals w Pull-Up + Leopards 6ea
- 2x Side Shuffles + Ankle Flips 8
- 2x 1 Arm Swings + Long Lunge 3ea

- Ⓒ PARTNER PLYOS \* (Plyo P-Up w/out Clap + Heiders) 15+10
- 3x Wheel Barrow Hops + Partner Lateral Hurdles 20yds
- 2x Wheel Barrow Sprints + Sprints 20yds
- 3x Wheel Barrow Drops 60sec
- 3x Partner Leg Push-Downs 10ea side
- 3x Partner Stand-Ups

# ⓓ Multi-Level Rotational Planks

- High Plank 60
- Med. Plank 30
- Low Plank 30
- Lft Arm Plank 60
- Lft Elbow Plank 30
- Rt Arm Plank 60
- Rt Elbow Plank 30
- Ham Bridge 60
- Ham Bridge Lft Leg 30
- Ham Bridge Rt Leg 30

2x = 14 mins