



Athletic Training Workout Challenge

ATHLETIC TRAINING WORKOUT CHALLENGE

(Challenge #5)

Warm-up

Dynamic: (Complete each for 1 minute)

- Walking Lunge and Reach
- Spiderman Reaches
- Warrior Squats
- Walking Knee Squeeze

Static: (Hold each stretch for 1 min)

- Couch Stretch
- Standing Fold (center/right/left)
- Calf Stretch
- Piriformis Stretch

*****Exercises can be done with body weight or holding weight in front rack (dumbbell/backpack/gallon water jug/etc)*****

Strength

Every Minute on the Minute for 15 Minutes:

- Minute 1: 30 seconds low plank
- Minute 2: 30 seconds left side plank
- Minute 3: 30 seconds right side plank

Workout of the Day

- Start: 1 mile run
- 10 rounds
- 10 pushups
- 15 sit-ups
- 20 air squats
- Finish: 1 mile run

to make easier

Scale: Run: ½ mile for both

Reps: 5 pushups/10 sit-ups/15 air squats

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