



# Athletic Training Workout Challenge

## ATHLETIC TRAINING WORKOUT CHALLENGE

(Challenge #6)

### Warm-up

**Dynamic:** (Complete each for 1 minute)

- Butt Kicks
- Hand Drags
- Russian Hip Openers
- Reverse

**Static:** (Hold each stretch for 1 min)

- Couch Stretch
- Standing Hamstring
- Calf Stretch
- Overhead Triceps 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: 10/15 reps – Left Single Leg Glute Bridges
- Minute 2: 10/15 reps – Right Single Leg Glute Bridges
- Minute 3: 30/45 seconds – Low Plank Hold

*\*Reps: 1st number – Intermediate / 2nd number – Advanced\**

### Workout of the Day

- 5 Rounds for Time
- 10 – Pushups
- 20 – Squat Jumps
- 30 – High Plank Shoulder Taps
- 40 – Dumbbell/Object Hops

Provided by:

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