



# Athletic Training Workout Challenge

## ATHLETIC TRAINING WORKOUT CHALLENGE

(Challenge #8)

### Warm-up

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

- Walk outs
- Hand Drags
- Russian Hip Openers
- Reverse Lunges

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

- Samson Progression
- Calf Stretch
- Overhead Triceps

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

### Strength

5 sets not for time:

- 10 Single leg chair squats right leg
- 10 Single leg chair squats left leg
- 10 Inverted Push-ups

Rest 2 mins between rounds

### Workout of the Day

3 sets – Within a 5 minute window complete

40 Jump rope/plate hops/double taps (athlete preference)

30 single arm overhead walking lunge walking lunges (15 each arm)

20 skater jumps

10 burpees

\*rest remainder of the time

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