



# Athletic Training Workout Challenge

## ATHLETIC TRAINING WORKOUT CHALLENGE

(Challenge #9)

### Warm-up

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

- Walk outs
- Hand Drags
- Russian Hip Openers
- Alternating Bird Dips

**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 Split squats left leg
- 10 Split squats right leg
- 10 Broad jumps for max distance

Rest 2 mins between rounds

### Workout of the Day

For time:

30 – 20 – 10 (reps)

- Push-ups
- Split Jumps

800m Run (1/2 mile)

10 – 20 – 30 (reps)

- Burpees
- Object Hops

Provided by:

Andrew Abraham ATC

&



The Power of Physical Therapy™