

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 13 August, 2017

Workout Focus: Power & Agility!

Intensity: Moderate

You Need: A timer, rolled towel or t-shirt, and a bench or box. Mat optional.

Suggested Warmup: 25 Jumping jacks | 30 High knees | 20 half quats | 20 Good Mornings | 20 Walking lunges

Stability training: Included

All-Star Power Medley Workout:

Core Activation: One Round

Bird Dog x 20 total

Marching bridge x 20 steps (or regular 2-foot bridge x 10 - easier)

Bear Crawls x 30s (Lizard planks if you don't have room)

Clamshells: 15-20 each side

Power Section: 3 Rounds. Rest after each exercise. Maximize each jump!

Power Push-ups x 10-15

Squat Jumps x 15-20

Box Jumps x 10-15 (sub frog jumps if no box or bench available)

Agility Section: 3 Rounds. Rest between moves as needed. Fast Feet!

Agility hops - 1 foot - 30s each side

Heismans - 30-60s (think 'fast feet!')

Cool Down: Walk/jog 3-5 minutes. Try foam rolling your legs. Stretch your calves!

Notes:

To get the most out of each power exercise, go for max height & explosive power on each rep. For the Agility section, focus on keeping core engaged, arms calm, and feet quick!

Suggestions for making this easier: Convert the Power section to a strength section by eliminating the jumps and just doing push-ups, squats and lunges instead.

Suggestions for making this harder: Increase reps and/or sets. Instead of box jumps try stepping off a box immediately into a tuck jump. Soft landings!

Original post located at: <http://rollerderbyathletics.com/all-star-power-medley>

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