**Here is your workout for April 2, 2020:**

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|  | **Hip Mobility Series** \*Left Knee on Ground- Right Leg in Lunge Position:1. Hamstring Stretch x10 secs2. World's Greatest x10 secs3. Over Shoulder Twist x10 secsSwitch LegsHip Mobility Series1. Push up to Worlds Greatest W/i Pause X2 ea Leg2. Single Exchange x2 ea3. Double Exchange x24.Squat Position hands on ankles |
|  | **5-5-10 Drills** - Sprint, Sprint, Sprint R/L x1- BP, Sprint, Sprint R/L x1-Shuffle, Sprint, Sprint R/L x1(Feet touch line) |
|  | A | **Box Jump (3 X 10)** *Box Should be at a low height so the reps can be done rapidly* |
|  | A | **Sumo Squats (3 X 10)** |
|  | A | **Glute Bridge (non-weighted) (3 X 10)** |
|  | B | **Tuck Jumps (3 X 5)** |
|  | B | **Lateral Lunges (3 X 15)** |
|  | B | **Body Hip Hinge (3 X 15)** |
|  | C | **3 Way Calf Raise (3 X 10)** |
|  | C | **Flutter Kicks (3 X 30)** |
|  | C | **Toe Touches (3 X 30)** |
|  | **Lower Body Finisher** Complete 1 setsSide to Side Quicks x30 secondsAlt Lunges x30 secondsStep Taps x30 secondsBody Weight Squats x30 seconds |

Print or complete this workout online at: [https://app.teambuildr.com/workouts](http://email.teambuildr.com/ls/click?upn=ztrE5MSFHYsgNmO33JQ4keL1aBWriuUsbbPlFdKER3bGk5OW-2FXggNNci76veLRobRCgP_rJCkIPGnHxNm3vQoky9dApGrFARTZoHktcbHokvEzszwdXoQSsGRhgAdQtXS4YgI-2FjYVT0ma7KlIgmh7Da3Bv2Ioo6Lh8AtDiFiScCSSMsJIU0nAL9D-2F-2BwUq4KmM0tfLNc49BZmxS-2BQmuY8TAySDWdRCfWot-2BbotOdOecajZuYVaYT-2FKfl7bvVyrSx4jtYqEotMBNCnSOua-2BTY45TMtqmjE2EmOokH12CWDMyTziVnE4JsjBWggStg2fdBtANIfgKj5jxhsLZXunrAF07-2B6o5hjGBPzqkTvqm4unV4eplL0W9L7xvCA4dne-2BjUVXYDz19W8hJ6rT38dkCbvoPwrQkLb8ayzdBBwWw7gitNyYboF4e45Uap8UJYT6kaRjwX1E)