**Here is your workout for April 8, 2020:**

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|  | **Note**  Day 3 - Speed Work (25-30min) 1.)HIP MOBILITY 2.)Feet quicks - 2 sets 40 seconds each 3.) Wall Drills 4.) Plank Series |
|  | **Hip Mobility Series**  \*Left Knee on Ground- Right Leg in Lunge Position: 1. Hamstring Stretch x10 secs 2. World's Greatest x10 secs 3. Over Shoulder Twist x10 secs Switch Legs  Hip Mobility Series 1. Push up to Worlds Greatest W/i Pause X2 ea Leg 2. Single Exchange x2 ea 3. Double Exchange x2 4.Squat Position hands on ankles |
|  | **Feet Quick 1**  10 Seconds ea. (Stop and rest for 10 secs between Exercises) a.) Front to Back b.) Side to Side c.) Scissors d.) Over Over to Back Back |
|  | **Wall Drills** This drill is a staple for speed mechanics . Really shows the athlete where their foot needs to be in relation to striking the ground and how they must lean forward . Remember to keep hands in the push up position (shoulder width apart), Toes point UP, the back leg is straight, and you lean into the wall pressing your hips forward. . Perform this drill with 1 count, 1 count, 5 count on the steps  1 count x2 (1 ft ea) 3 count x2 (1 ft ea 5 count x2 (1 ft ea)  1 Set 25 Secs MAX REPS |
|  | **Plank Series**  1. Plank hold x20 sec 2. Right arm x10 sec - left hand on hip 3. Left arm x10 sec - right hand on hip 4. Plank hold x20 sec REST x20  1. Plank right arm raise x10 sec 2. Plank left arm raise x10 sec 3. Plank right leg raise x10 sec 4. Plank left leg raise x10 sec 5. Plank right arm raise & left leg raise x10 sec 6. Plank left arm raise & right leg raise x10 sec |

Print or complete this workout online at: [https://app.teambuildr.com/workouts](http://email.teambuildr.com/ls/click?upn=ztrE5MSFHYsgNmO33JQ4keL1aBWriuUsbbPlFdKER3bGk5OW-2FXggNNci76veLRobMMRP_rJCkIPGnHxNm3vQoky9dApGrFARTZoHktcbHokvEzszwdXoQSsGRhgAdQtXS4YgI-2FjYVT0ma7KlIgmh7Da3Bv2Ioo6Lh8AtDiFiScCSSMsJIU0nAL9D-2F-2BwUq4KmM0tfLNc49BZmxS-2BQmuY8TAySDWdRCfWot-2BbotOdOecajZuYXb-2B64u62g2z-2FPsE0iY1BjpZHEBQQEe5zp8PTfEh1rlMDPfMSW5of7dq-2FRvbp4zMO6BkfeGFBTjj5DIk37vgsFF0LflRY-2FwiIGQFvyiLEMJF-2B-2BD4u-2Fb5h92VqPd3-2FfAS0lu85kAak8WtmlXXXfFaaR0gzuF7szlkwuGoleFZDdMqIvSnCBDIBw-2F6hY-2F24XUsT5siRUdHhzxWElWG-2BqVEMuo)