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

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|  | **Note** Day 3 - Speed Work (25-30min)1.)HIP MOBILITY2.)Feet quicks - 2 sets 40 seconds each3.) Wall Drills4.) Plank Series |
|  | **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 |
|  | **Feet Quick 1** 10 Seconds ea. (Stop and rest for 10 secs between Exercises)a.) Front to Backb.) Side to Sidec.) Scissorsd.) 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 steps1 count x2 (1 ft ea)3 count x2 (1 ft ea5 count x2 (1 ft ea)1 Set 25 Secs MAX REPS |
|  | **Plank Series** 1. Plank hold x20 sec2. Right arm x10 sec - left hand on hip3. Left arm x10 sec - right hand on hip4. Plank hold x20 secREST x201. Plank right arm raise x10 sec2. Plank left arm raise x10 sec3. Plank right leg raise x10 sec4. Plank left leg raise x10 sec5. Plank right arm raise & left leg raise x10 sec6. 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)