

COVID-19 Session # : 16

Warm-Up - Foundational / Dynamic

<u>Movement</u>	<u>Sets</u>	<u>Weight</u>
Tag w/ Parents		<i>Parents</i>
Anticipations	x 12 Ea. Side	
Unassisted Scrapes	x 12 Ea. Side	
ACL Hops	4 x 15 Yds.	
Top Speed Form Run	3 x 40 Yds.	
15yd Start	x 4	
Banded Knee Drives (Fast)	2 x 15 Ea. Leg	<i>Yellow Band</i>
SL Step Down (use box or stairs)	2 x 10 Ea. Leg	<i>Weight</i>
Slider Reformer	x 10 Ea. Leg	<i>Towel and Floor</i>
SL Car Push	2 x 15 Yds. Ea Leg	<i>Car</i>

Abs: Choice

Quote of the Week:

"Life is in session. Are you present?"

- John C. Maxwell

