

Sport Performance -

- SAMPLE WORKOUT
 - Example workout 1:
 - 5 sets of 3 power cleans
 - 4 set of 4 barbell reverse lunges
 - 5 sets of 5 bench press superseded with med ball chest passes.
 - Metcon: 10 minute AMRAP of 20 pushups, 30 air squats and 10 ring rows.

 - Example Workout 2:
 - Hinshaw Warmup Into - Hip Halo into
 - A skip
 - B skip
 - Super marios
 - Broad Jumps
 - Vertical Jumps.
 - SpeedWork:
 - Each sprint distance is to be performed 3x, with a 2 minute rest–
 - 10 yd split
 - 20 yd sprint
 - 40 yd sprint
 - 5-10-5 cone sprints