

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Wall Hip Swings (forward)	1	15e			
	Wall Hip Swings (lateral)	1	15e			
	Sumo Squat to Hold	2		30s		
	Fire Hydrants	1	15e			
	SL Glute bridge	1	12e			
	Supine Floor Sliders	1	15			
	Yoga Pushup	1	15			
	Triangles	1	12e			
	Fling Jumps	1	15			
	KB TGU	1	4e			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
		1) High Knees		10			*AFAP*
		2) DB/KB Squat to Press		20			
		3) Plank Jacks		30			
		4) Jumping Jacks		40			
		5) Flutter Kicks *big kicks*		50†			
		6) Sprint		60yd			

# of rounds	7 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
						OMIT *stretch if time allows*