

COACHES

Power , Block 1 of 4 , week of 3/15/20 , Day 1

TEAM NOTE

ATHLETE NOTE

KEY

BB	Barbell	MB	Medicine Ball	x	Total Reps
DB	Dumbbell	SB	Stability Ball	e	Reps Each Side
BW	Body Weight	—	Your Choice	s	Seconds

1 A: Continuous BW Squat Jump : 15-30 seconds



WT.	REP	REST		WT.	REP	REST
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s

B: Continuous BW Arm-Extension Push-Ups : 15-30 seconds



WT.	REP	REST		WT.	REP	REST
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s
BW	15-30	15s	→	BW	15-30	15s

2 A: Continuous Flutter Kicks : 30-45 seconds



WT.	REP	REST		WT.	REP	REST
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s

B: Continuous BW V-Ups : 30-45 seconds



WT.	REP	REST		WT.	REP	REST
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s
BW	30-45	15s	→	BW	30-45	15s

3 A: Continuous Mountain Climbers : 60-90 seconds



WT.	REP	REST	
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→

B: Continuous Alternating Single-Leg RDL : 60-90 seconds



WT.	REP	REST	
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→
BW	60-90	15s	→