

# COACHES

Power , Block 1 of 4 , week of 3/15/20 , Day 2

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 Sprinter Sit-Up : 20-40 seconds



WT. REP REST

BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s

## B: Continuous BW Split Jump : 30-45 seconds



WT. REP REST

BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s
BW	20-40	15s	→	BW	30-45	15s

## 2 A: Continuous BW Lateral Lunge : 30-45 seconds



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 Bench Dips : 30-45 seconds



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

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## A: Continuous BW Squats : 60-90 seconds



WT.

REP

REST

## B: Continuous Jumping Jacks : 120-180 seconds



WT.

REP

REST