

COACHES

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

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

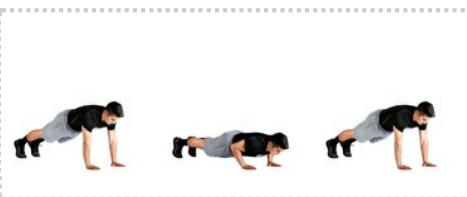
1 A: Continuous Ice Skater : 60-90 seconds



WT. REP REST

BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s

B: Continuous Push-up : 20-40 seconds



WT. REP REST

BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s
BW	60-90	15s	→	BW	20-40	15s

2 A: Continuous Supine Leg Raise : 30-45 seconds



WT. REP REST

BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s

B: Continuous BW Hip Thrust : 60-90 seconds



WT. REP REST

BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s
BW	30-45	15s	→	BW	60-90	15s

3 A: Continuous BW Reverse Lunge : 120-180 seconds

B: Continuous Burpees : 60-90 seconds



WT.	REP	REST	WT.	REP	REST	
BW	120-180	15s	→	BW	60-90	15s
BW	120-180	15s	→	BW	60-90	15s
BW	120-180	15s	→	BW	60-90	15s
BW	120-180	15s	→	BW	60-90	15s
BW	120-180	15s	→	BW	60-90	15s