



Prep for Nationals: MOBILITY DAY

1 - THORACIC SPINE MOBILITY

Perform 5 reps on each side...

Reach under and press the arm into the floor and then reach up to the ceiling.

2 - ADDUCTOR ROCK BACK & LIFT OFF

Perform 5 reps on each leg...

Rock back and then lift the extended leg for a 5 second hold. Keep your back flat the whole time.

3 - PROGRESSIVE ECCENTRIC SPLITS

Progress at least 4 times towards your end range...

At each stop, actively scissor your legs together for 5 seconds before slowly sliding out to the next stop.

4 - HIP ROLLS & RISE

Perform 5 reps on each side, alternating sides...

As you roll to one side, keep your sit bones in contact with the floor, but press into your deepest external and internal rotation before rising onto the knees.

5 - ANKLE CARs

Perform 5 reps on each leg.

One rep = an en de hors rotation and an en de dans rotation

6 - KNEELING HIP CARs

Perform 5 reps on each leg.

One rep = an en de hors rotation and an en de dans rotation.

7 - SHOULDER CARs

Perform 5 reps on each arm.

One rep = an en de hors rotation and an en de dans rotation

WEEK 1 - Perform 1 round of this circuit.

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Prep for Nationals: STABILITY DAY

1 - STANDING CLAMS 4 WAYS (elastic exercise band required)

Perform 10 reps on each leg in each of the 4 positions...

1. Feet hip width and parallel
2. Right foot staggered forward...shift majority of your weight over the moving leg
3. Left foot staggered forward...shift majority of your weight over the moving leg
4. Feet shoulder width and parallel...shift all your weight over the moving leg

2 - WALL LEANS (elastic exercise band optional)

Perform 2 sets. Each time hold for 30 seconds on each leg.

Keep your spine straight, your chest up, and reach your tailbone back behind your supporting heel.

3 - 3 WAY LUNGES/WEIGHT TRANSFERS

Perform 5 lunges and 5 balance holds in each direction...

1. Lunge forward with toes pointing downstage
2. Lunge to the side with toes pointing downstage
3. Lunge in turnout, stepping out to the back corner

4 - SQUAT HOLDS WITH FLOOR TAPS

Perform the sequence 5 times for each set...

1. Feet shoulder width and parallel (elastic exercise band optional)
2. Feet in staggered stance squat, with weight over front heel (elastic exercise band optional)
3. Single leg squat balance

*If the 2nd and 3rd set variations are too challenging, repeat the first set variation all 3 times.

5 - CORE ROLLS

On each leg, roll 5 times to the right and 5 times to the left.

Press opposite hand into opposite knee, while you hover the other arm and leg off the floor. Keep your body very stiff as you roll sideways and back to the starting position.

WEEK 1 - Perform 1 round of this circuit.

WEEK 2 - Perform 2 rounds of this circuit.

WEEK 3 - Perform 3 rounds of this circuit.



Prep for Nationals: STAMINA DAY

1 - NEURAL ACTIVATION SEQUENCE

Perform 20 reps of each variation...

1. feet together hopping front and back
2. feet alternating hopping front and back
3. feet together hopping side to side
4. feet hopping open and close
5. feet together twisting side to side
6. feet hopping toes out and toes in

2 - 3 WAY 2-TO-1 JUMP SEQUENCE

Perform 10 reps on each leg, in each direction.

1. jump forward, with toes pointing straight downstage
2. jump out to the side, with toes pointing straight downstage
3. jump to the back corner, with toes pointing to the corner

3 - 9 WAY SQUATS & PUSHUPS

In each position perform 4 squats, 4 squats in releve, and 4 pushups

4 - HOP, SHUFFLE, STICK!

Perform 10 reps to each side, alternating sides...

5 - 3 WAY MOUNTAIN CLIMBERS

Perform 10 reps of each variation

1. knees pull straight forward
2. pull same knee to same elbow
3. pull opposite knee to opposite elbow

WEEK 1 - Perform 1 round of this circuit.

WEEK 2 - Perform 2 rounds of this circuit.

WEEK 3 - Perform 3 rounds of this circuit.