



SFT EXPLOSIVE CHANGE OF DIRECTION CIRCUIT

DYNAMIC WARMUP (perform each exercise traveling across the floor)

1. Quad Stretch with Relevé
2. Traveling Deadlifts
3. Dynamic Battements with Toe Touch
4. Traveling Plank
5. Traveling Hip Stretch
6. Traveling Fan Kicks
7. Traveling Inside Fan Kicks
8. Dynamic Side Battements
9. Traveling Forward Lunge with Twist Towards Stepping Foot
10. Traveling Forward Lunge with Twist Towards Trailing Foot
11. Lunge with Double Twist
12. Spider Walks

CIRCUIT WORKOUT (perform 1-3 rounds of the circuit)

SUPINE CORE ACTIVATION WITH DUMBBELL

Place elastic band above knees and hold dumbbell up over chest. Maintain neutral pelvis with ribs drawing down towards hips.

10x overhead reach with dumbbell

10x oppositional twist...rotating pelvis one way and reaching dumbbell in opposite direction

STANDING CORE OSCILLATIONS

Quickly oscillate the dumbbell from side to side. Keep elastic band looped above the knees.

Perform for 20 seconds standing on 2 feet, in parallel mini squat.

Perform for 20 seconds standing on 1 foot (repeat on the other side)

3 WAY LUNGE WITH DOUBLE TWIST

Perform 2 sets. First set, twist to lunging hip, then trailing hip. Second set, twist to trailing hip, then lunging hip.

For each set, perform 5 lunges in each of the 3 directions:

Forward (Sagittal Plane)

Side (Frontal Plane)

Corner (Transverse Plane)

FRONTAL PLANE SWOOP LOAD TO EXPLODE

10x on each side

BULGARIAN LOAD TO EXPLODE WITH MEDIAL TWIST

Rest non-weight bearing foot on chair or bench.

10x on each side

COOL DOWN

Perform Dynamic Warmup in Reverse (Start with exercise #12)