



SFT MED BALL STAMINA CIRCUIT

WARMUP

TWISTING HAMSTRING STRETCH ON MED BALL

Make sure to drive rotation from the pelvis. Alternate rotating from one side and to the other, as you actively press the extended leg down into the ball.

5x on each leg

ADDUCTOR ROLL OUT ON MED BALL WITH PELVIC ROTATION

Once you roll out, deepen the stretch by rotating your pelvis away from your extended leg.

5x on each leg

BEAR PLANK WILD THING FLOW

Start in 4 legged bear plank, stretch to down dog with 1 hand pulling on opposite ankle, extend that hand forward in a 3 legged bear plank, thread the opposite leg through into wild thing, then return to start position and repeat to the other side.

6x through the sequence, alternating sides

CIRCUIT WORKOUT (perform 1-2 rounds of the circuit)

SINGLE LEG BRIDGE WITH DEVELOPPE ON MED BALL

Place ball under shoulders/back of head. For each rep, developpe 1 leg up, then lower the straight leg down toward the floor and back up.

8x through the sequence, alternating sides

SIT UPS WITH MED BALL OVERHEAD REACH

16x

COPENHAGEN ADDUCTOR LIFT WITH DEVELOPPE

Press top leg down into ball to lift the hips up. Bottom leg performs developpe sequence.

5x each side

ALTERNATING SINGLE LEG MOUNTAIN CLIMBER ON MED BALL

Place hands on box, and press supporting foot down into med ball. Draw knee from one side and to the other as you work to keep your pelvis square.

10x on each side

QUADRICEPS LEAN BACKS WITH MED BALL

Use arms to hug ball into body. Pause for 3 seconds on each lean back.

8x

AGILITY DRILL - BALL TAPS

Maintain speed and try to avoid moving the ball.

20x rotating in each direction.

BULGARIAN SPLIT SQUAT WITH CHOP

Rest back foot on box. Chop med ball down toward weight bearing hip on each squat.

12x each side

PUSHUPS WITH 1 HAND ON MED BALL

Work to keep hips and shoulders level, and push through both hands.

8x each side

DOUBLE TWIST JUMP & SLAM

For each rep, alternate with side you twist to first.

16x

COOL DOWN

SWING TO FLAT BACK - 4x

THREAD THE NEEDLE ON HANDS & KNEES - 3x each side

DOWN DOG - Extend leg back, then bend knee & open hips - 1x each side