



## **SFT STAMINA 2**

### **WARMUP**

#### **ANKLE CAR'S**

5x en dehors and 5x en dedans on each leg

#### **STANDING HIP CAR'S**

5x on each leg → 1 rep = 1 en dehors rotation + 1 en dedans rotation

#### **THORACIC CAR'S**

5x clockwise; 5x counter clockwise

### **NEUROMUSCULAR ACTIVATION SEQUENCE**

Perform 10 seconds of each movement, maintaining speed:

Feet in unison hopping forward and back

Feet out of sync switching front and back

Feet in unison hopping side to side

Feet out of sync hopping out and in (like little jumping jacks)

Feet in unison twisting side to side

Feet out of sync rotating out and in

### **6 WAY LUNGES**

4x through the sequence on each leg

Lunge forward

Lunge out to the side

Lunge to the back corner with external rotation (4:30 on the clock for right leg; 7:30 on the clock for left leg)

Lunge straight back

Lunge behind stance leg to curtsy

Lunge across stance leg internally rotated

### **WORK SETS**

#### **WORK SET #1**

Perform 4 rounds of the work set

Reverse Lunge to Hop - 10x on each leg

Pushup to Pike - 8x

#### **WORK SET #2**

Perform 3 rounds of the work set

Roll Up to Squat - 10x on each leg - 8x

Superman (with 3 second hold) - 12x

#### **WORK SET #3**

Perform 3 rounds of the work set

Bear Plank to Rotating Bird Dog - 6x on each side, alternating sides

Lateral Squat Jumps - 10x to each side, alternating sides

### **COOL DOWN**

Step and press, alternating sides - 8x each side

Standing knee hugs, alternating sides - 4x each side

Kneeling quad stretch with forward shift - 5x each side

Kneeling active hamstring stretch - hold for 5-10 seconds in parallel, internal rotation, and external rotation