TeamBuildr

FRIDAY - MAY. 12, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Notes	This is a sample program for an athlete during Peak Height Velocity working on motor skill development and intensifying strength development If you have any questions, please contact Justin (Head of Junior Development): justin.t@precisionathletica.com.au					
Movement Prep						
M Skipping		120 secs 0.00%				
M Plank		30 secs 0.00%				
M Banded Pull-Apart		15 0.00%				
M Reactive Ball Catch		10 0.00% Stand in front of a wall and have a ball thrown over your head without looking and catch the rebound on a full				
Movement Skills						
A Pallof Press		10 0.00%		10 0%		10 0%
A Side Plank		60 secs 0.00%		60 secs 0%		60 secs 0%
A Deadbug		10 0.00% Keep your lower back flat on the ground		10 0%		10 0%
B Single Leg Tall to Short Landing		5 0.00%		5 0%		5 0%
B MB Slam		5 0.00%		5 0%		5 0%
B Granny Toss		5 0.00%		5 0%		5 0%
Power / Strength						
C Goblet Squat		15 0.00%		15 0%		
C Dowel Hip Hinge		15 0.00%		15 0%		
C MB Chest Throw w/ Isometric Catch		10 0.00%		10 0%		
C TRX Row		15 0.00%		15 0%		
C Isometric Chin Up Hold		0.00% Hold chin up position for as long as possible		0%		
Regeneration						

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	Result	Reps	Result	Reps	Result	Reps
Cooldown	Stationary Bike: 5min HR 100-120 bpm Static Stretch 20-30sec Hold ** Stretch all big muscles groups worked during workout					
	www.teambuildr.com					