

## Warm up

To warm up the shoulders grab the broom stick at shoulder width and do 10 ups and downs, then grab it wider and go back further when your arms are up. Go all the way back if you can and do 10 of these. Then rotate to one side 10 times and then 10 to the other. Then do 10 to 20 good mornings, bending the knees just a little and keeping your back straight. Then do 10 overhead squats. These are great for overall warm up and mobility check.

Then without the broomstick or pvc do this movement. Touch your toes and then bend your knees into a deep squat, then put one hand on the floor and reach to the sky with the other. Then change hands and do it again 6 times. Then we will do a similar movement but this time with a lounge instead of a squat. This is great to warm up your joints, back muscles, hip flexors and a lot of secondary muscles too.

## Muscle memory

1- Swiss ball one kick per stroke

3 x 12



2- One kick per stroke hollow rock

2 x 10



3- Back up one kick per stroke

4 x 6



Dry-land

Arrow freestyle

Skills N' Talents

4- Bench

3 x 3



4.5 Swiss ball high elbow

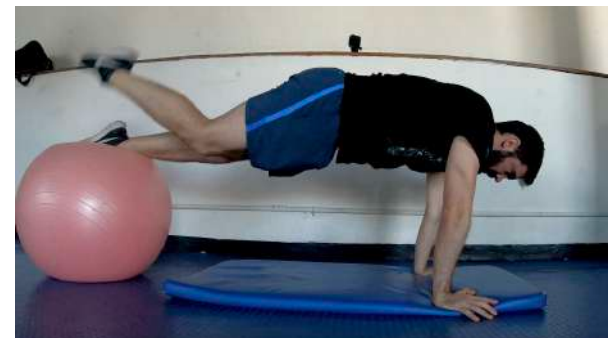
3 x 3



## Core

5- Swiss ball kicks

3 x :30



6- Swiss ball lift one hand

4 x 20



Dry-land

Arrow freestyle

Skills N' Talents

7- Hollow rock progression

:30



8- Supermans

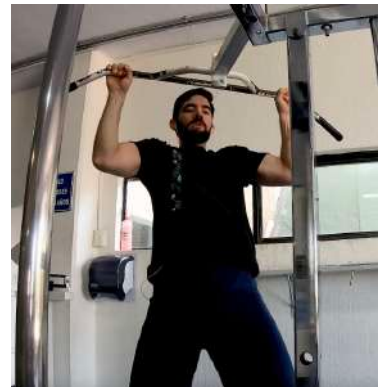
4 x 20



## Strength

9 - Eccentric pull ups

4 x 8



10 - Hand stand

3 x :15



11- Incline rows

3 x 8



12- Incline twisted push up

2 x Until failure



13- Dips

3 x (5 - 10)



14- External rotation shoulder rotator cuff side

2 x 20



## Mobility

15 - Internal rotation stretch on side

:20 - :30



Dry-land

Arrow freestyle

Skills N' Talents

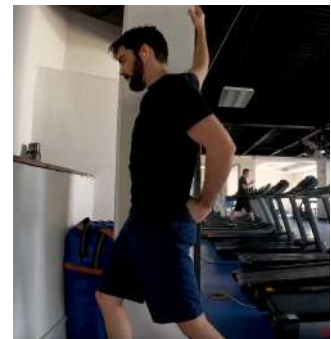
15.5 - With towel

:20 - :30



16 -Pec minor stretch

:20 - :30



17 - Pvc stretch bench

:20 - :30



18 - Holding elbow stretch

:20 - :30



18.5 Internal rotation both hands

:20 - :30



19- PVC pipe praying stretch

:20 - :30



20- Hip flexor stretch

:20 - :30

