

NAAC Winter Weather AT-Home Dryland Training

Awww... and you thought you should just “take it easy” and relax in your nice, warm, comfy house... Nope. Don’t turn soft on me, and get this in if you miss practice tonight (Tuesday, January 11) **OR** tomorrow a.m. (Wednesday, January 12).

IF we would happen to have practice cancelled tomorrow evening (lifting/dryland), I will send out another workout that you should complete.

LET things happen, or **MAKE** things happen... your choice.

Warm-up: Roll Out 5 min. (if you can)

Hip Mobility: 15 reps of each exercise, all in a row, **use added weight**
Snatch + OH Squat + Slide Squat + Step-back Lunge + Drop Lunge + Swing Squat

Work Sets:	10 x :20 Squat-Thrust Jumps	8+ per goal	:10 rest
	6 x 6 Clap Push-ups	speed = goal	rest as needed
	6 x :45 Squat-Thrusts	25+ per goal	:30 rest
	1:30 Push-ups	60+ goal	rest as needed
	3:00 Sit-up Get-ups	keep moving	no rest
	2:00 Walk-out Push-ups (1)	keep moving	no rest
	3 x 1:30 Core Rotations		
	Pick 3 exercises, switch @ :30 intervals		:30 rest
	Last :30 should be Plank hold on each set		
***If possible:	5 x 5 Chin-ups	fast reps	rest as needed

Cool-down: 5 min. Mobility and/or Roll-out