

STRENGTH #2 (PULLING)

DYNAMIC WARM-UP

- Split squat (6 times left, 6 times right)
- Lateral squat (6 times left, 6 times right)
- Movement series (perform each movement for 20 metres, then repeat)
 - Walking lunge
 - Backwards walking lunge
 - Lateral skipping
 - Carioca
 - Carioca to acceleration
 - Backwards run
 - Three tuck jumps to sprint

POWER PAIRING

Perform each of the upper-body and lower-body exercises, taking a 60-second rest after each.

- Lateral bounding (5 times left, 5 times right)
- Medicine ball side toss (5 times left, 5 times right)

STRENGTH SERIES

- Lower-body pulling movement (deadlift, dumbbell deadlift, etc. - 3-5 sets of 5 reps)
- Rear-foot elevated hip stretch (3-4 sets of 20-second holds)

rest 90 seconds and repeat

- Upper-body pulling exercise (chin-up, pull-up, bent-over row, etc. - 3-5 sets of 5 reps)
- Single-leg glute bridge (foot on ground or bench - 3-4 sets of 3-6 reps)

rest 90 seconds and repeat

- Single-arm upper-body pull (dumbbell bent-over row, single arm/leg row, etc. - 3 sets of 3-6 reps)
- Single-leg lower-body movement (hip thrust, step-up, etc. - 3 sets of 3-6 reps)
- Torso/core exercise of choice (3 sets of 10-12 reps)

rest 60 seconds and repeat