

STRENGTH #3 (LOWER-BODY SPEED/POWER) & NUTRITION

DYNAMIC WARM-UP

- Elbow to instep with rotation (6 times left, 6 times right)
- Bear crawl (10 steps forward and backward)
- Movement series (perform each movement for 20 metres, then repeat)
 - Forward march
 - Forward skip
 - Forward march to skip to acceleration
 - Shuffle
 - Shuffle 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.

- Long jump and stick landing (3 times - walk back between jumps)
- Medicine ball overhead throwdown (5 times)

STRENGTH SERIES

- Dumbbell or barbell jump squat (continuous jumps - 3-6 sets of 3-6 reps)
- Fast or explosive torso/core movement of choice (3-4 sets of 3-6 reps)

rest 2 minutes and repeat

- Fast or explosive lower-body exercise of choice (do with weight - 3-6 sets of 3-6 reps)
- Fast or explosive torso/core movement of choice (3-4 sets of 3-6 reps)

rest 2 minutes and repeat

- Rear-foot elevated split squat (3 sets of 3-6 reps)
- Dumbbell single-arm/leg RDL (3 sets of 3-6 reps)
- Torso/core exercise of choice (3 sets of 10-12 reps)

rest 60 seconds and repeat

RECIPES

Roasted Chickpeas

- Drain and rinse one can of chickpeas with water. Spread them out on a dish towel and allow them to dry for a few hours - the longer they are left to dry, the crunchier they will be!
- In a bowl, combine dried chickpeas, one tablespoon of olive oil, salt and cinnamon to taste.
- Bake at 400° F for 30-40 minutes, stirring once during cooking.
- Remove from the oven, drizzle lightly with maple syrup and mix.
- Allow them to cool, and enjoy!

Tip: Enjoy as a snack with a piece of fruit or add as a crunchy topping to a salad.



Protein Bites

- In a bowl, combine one cup of oats, a ½ cup of natural nut butter, ¼ cup of hemp seeds, ½ cup of dried cranberries and ¼ cup of shredded coconut, mixing until well combined.
- Place the mixture in the refrigerator for approximately 30 minutes. Once removed, dampen hands with water (prevents the mixture from sticking to your hands) and roll into golf ball-sized bites.
- Store in the refrigerator for one week, or in the freezer for up to three months.

Tip: Personalize the recipe with chocolate chips, chia seeds, dried fruit and more. Increase the protein content by adding in your favourite protein powder!

