

Physical Session #1 - Days 1, 3, and 5 (Play Like a Pro)

Looking back over this workout I would change the order of the exercises in the video: complete the movement exercises (COD and Speed) before the strength exercises.				
	Week 1	Week 2	Week 3	Week 4
Leg Swipes	10 reps	10 reps	10 reps	10 reps
Quad Bends	10 reps per side			
Polka Stretch	10 reps per side			
Yoga Push Up	10 reps	10 reps	10 reps	10 reps
Leg Swings	10 reps per side			
Jogging	5m	5m	5m	5m
Lateral Shuffles	8 reps per side	10 reps per side	12 reps per side	14 reps per side
Shuttles	4 reps	4 reps	6 reps	6 reps
Bounds to Sprint	5 reps	5 reps	5 reps	5 reps
Sprint	5 reps	5 reps	5 reps	5 reps
Deadlift	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Pull Up	10 reps	12 reps	14 reps	16 reps
Back Squat	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Bench Press	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Military Press	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Calf Raises	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Hanging Tucks	10 reps	12 reps	14 reps	16 reps
Hanging Raises	8 reps	10 reps	12 reps	14 reps
Kickboxers	8 reps per side	10 reps per side	12 reps per side	14 reps per side
Shoulder Blade Pinch	30s	30s	30s	30s
Childs Pose	30s	30s	30s	30s
Pigeon Stretch	30s	30s	30s	30s
Wall Straddle	30s	30s	30s	30s