

Physical Session #2 - Days 2, 4, and 6 (Play Like a Pro)

Looking back over this workout I would change the order of the exercises in the video: complete the movement exercises (Speed and Agility) before the power exercises.

	Week 1	Week 2	Week 3	Week 4
Arm Swings	10 reps per side			
Ankle Rotations	10 reps per side			
Dynamic Hip Stretch	10 reps per side			
Dynamic Hamstring Stretch	10 reps	10 reps	10 reps	10 reps
Leg Swings	10 reps per side			
Jogging	5m	5m	5m	5m
400m sprint	1 rep	2 reps	3 reps	4 reps
Single Leg Hop	15s per side	20s per side	25s per side	30s per side
Figure 8 Shuffle	15s	20s	25s	30s
Straight Leg Jump	10 reps	12 reps	15 reps	20 reps
Tuck Jumps	10 reps	12 reps	15 reps	20 reps
Box Jumps	10 reps	12 reps	15 reps	20 reps
Front Squat	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Clean and Press	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Kettle Bell Swing	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Standing Row	20 reps	20 reps	20 reps	20 reps
*amount of weight used				
Bending Side Stretch	30s per side	30s per side	30s per side	30s per side
Forward Bend	30s	30s	30s	30s
Wide Straddle	30s	30s	30s	30s
Deep Squat	30s	30s	30s	30s
Back Bend	30s	30s	30s	30s