

# **SPORT ACADEMY 2015-2016**

## **MESO 4**

### **McMaster University**

Grade 7/8 Program

Meso 4– Strength & Speed



**“I hated every minute of training, but I said, 'don't quit. Suffer now and live the rest of your life as a champion.'” –Muhammad Ali**

NAME: \_\_\_\_\_

**Jonathan Brown USAW**

### **REMEMBER**

- 1) Eat Carb/protein snack 1 hr before training and hydrate: 16 oz
- 2) Within 30 mins of workout completion – recovery snack – eg chocolate milk



# Riddell Sport Academy



## WARM-UP

WARMUP & PREP		REP/TIME
Step 1 PREHAB/ACT	NOTES	
Prone Glute	Lying prone squeeze 1 glute then raise leg with leg straight	6 EACH
SL Glute Bridge	Lying supine, Weight through heel, push hips up, pause at top	6 EACH
T-Spine	Quadrapped knees-to-elbows, hand behind head, rotate elbow to sky	6 EACH
L-Spine	Quadrapped knees-to-elbows, hand behind back, rotate elbow to sky	6 EACH
Step 2	BODY TEMPERATURE	7-10min
Symmetrical move	Jog, Back pedal, Skip w arm circles, Shuffle w arm swings	15m
Asymmetrical move	Skalk, Skunk, Wun, Skipioca	15m
Multi directional	Cross-overs, Cross unders, Carioca high, Carioca low	15m
Quadrapped	Bear walk FW/BW, Ipsi/opposite, Lateral L/R	10m
Stationary	Prone get-ups/get-downs	5 EACH
Step 3	Dynamic Stretching / Mobility	
A	Hurdle Steps FW/BW	10 EACH
B	FW Lunge w rotation towards front leg	5 EACH
C	Fig 4 stretch to lunge (push hips forwards)	5 EACH
D	Side-lunge side-lunge rotations	5 EACH
E	Greatest stretch inside elbow to floor, reach through then rotate	5 EACH
F	Inchworm to downward dog	10
G	Quad stretch to toes into 747	5 EACH