

Block 0 Workout

Perform on days following competition (rest days, after practice)

○ Day 1

- First Round—Continuous with 0 seconds rest, Rest 60 seconds between rounds
 1. Air Squat Hold (Bottom Position—Arms Out)
 - 20 seconds
 2. Iso Push-up Hold (Arms Flexed at 90 Degrees)
 - 20 seconds
 3. Split Squat Hold
 - 20 seconds each side
 4. Middle Bridge (Plank)
 - 20 seconds
- Second Round
 1. Iso Glute Bridge
 - 25 seconds
 2. Iso Waiter Bow (Back Extension)
 - 25 seconds
 3. Wall Slides
 - 25 seconds
- Third Round
 1. Side Bridge w/Abduction
 - 30 seconds each side
 2. Forward Arm Circle
 - 30 seconds
 3. Wall Plank
 - 30 seconds
- Fourth Round
 1. Band Pull-throughs
 - 30 reps

○ Day 2

- First Round
 1. Iso Rack Squat (Bottom Position—Elbows Bent)
 - 20 seconds
 2. Incline Iso Push-up Hold (Up Position)
 - 20 seconds
 3. Side Lunge Hold (Bottom Position)
 - 20 seconds each side
 4. Raise Sit-up Hold
 - 20 seconds
- Second Round
 1. Single Leg Hip Bridge
 - 25 seconds each side
 2. Alternating Bird Dog
 - 25 seconds

- 3. Floor Y Raise
 - 25 seconds
 - Third Round
 1. Bulgarian Split Squat Hold
 - 30 seconds each side
 2. Sky Reach Hold
 - 30 seconds each side
 3. Inch Worm Walkout
 - 15 reps
 - Fourth Round
 1. Band Squat
 - 30 reps
- Day 3
 - First Round
 1. Iso Prisoner Squat
 - 20 seconds
 2. Decline Push-up Hold
 - 20 seconds
 3. Cross-over Reverse Lunge Hold
 - 20 seconds each side
 4. Side Bride Hold
 - 20 seconds each side
 - Second Round
 1. Hip Bridge March
 - 25 seconds
 2. Pike Hold
 - 25 seconds
 3. Iso Band Row
 - 25 seconds each side
 - Third Round
 1. Alternating Reverse Lunge
 - 30 seconds
 2. 3D Push-ups
 - 30 seconds
 3. Side Bridge w/ Hip Abduction
 - 30 seconds each side
 - Fourth Round
 1. Band Punches
 - 20 reps each side