

Edge Athletics Virtual Training - Session VIII - Wednesday, June 3

Conditioning with the Jump Manual

Continuous Warmup

5 minute in place or short walk jog
Knee to Chest
High Knees
SLDL Walk
Lunge Walk
Backwards Lunge Walk
Forward Worm - 5 pushups

Jump Manual - 3 Sets

Rocket Launchers
Calf Raises
Depth Jumps
4 Part Leg Complex
Side to Side Box jumps - Spring and Static Landing

Core Development

Planks - Front, Side, Side (30 sec)
Reverse Back Lifts - 6 reps with 5 sec count
Press ups - 10 reps

Conditioning

Triangles - Sprint to foul line, slide elbow to elbow, back peddle - 30 seconds
Triangle with 1 or two balls
Short Shuttles - 3 sets (8 forward, back pedal)