

## Edge Athletics Virtual Training - Session XIII - Wednesday, June 17

### Conditioning with the Jump Manual

#### Continuous Warmup

5 minute in place Jog  
Knee to Chest  
High Knees  
SLDL Walk  
Lunge Walk  
Backwards Lunge Walk  
Heidens  
3 Hoops quickness with stick landing  
4 Hoops with stick landing  
Spiderman  
Forward Worm - 5 pushups

#### Jump Manual - 3 Sets

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

#### Core Development

Planks - Front, Side, Side (30 sec)  
Hip Complex  
30 Bench situps  
Pushup Circuit  
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  
8 Short Shuttles