

Storm Performance Training

At Home Workout #3

Warmup :

1. Forward Jog - lateral shuffle - back peddle x2
2. Crouching Monster Walks Fwd/Backward 20 steps each
3. 10 Pogo Hops to Landings
4. Single Leg Hop with RDL 5 each leg
5. Beastwalk
6. Backward Hip Openers

Landing and Jumping:

1. Single Leg Diagonal Hops - 3x8
2. Approach Jump - 3x5
3. Single Leg Jump Progression x2 each leg
 - a. 15 second lunge hold (2-3 inches off the ground)
 - b. 8 Rhythm Lunges
 - c. 5 Split Jumps

Upper and Lower Body:

1. Push Ups - 4 sets of 10
2. Bicycle Crunches - 4 sets - 30seconds on, 15 off
3. Body Weight Squat 3x10
4. Lateral Lunge 3x8 each leg

Metabolic/Cool Down:

1. Sprints (12) 3 at 75%, 3 at 95%, 3 at 75%, 3 at 95% effort
2. Jog - 3 minutes
3. Hip Flexor Stretch, Modified Pigeon Stretch, Calf Stretch, Quad and Hamstring Stretch