

## Physical Training Warm Ups & Workouts

### Warm ups

**Warm up 1 – Agility ball** – In a small group (circular formation), bounce the agility ball clockwise or counterclockwise around the circle for 3-5 rounds of 2 min.

*Key points - The ball must be captured in order around the circle. Maintain ready position for whole 2 min round. Do not to stop until the ball is captured!*

*Purpose – Hand eye coordination, reaction and quickness building.*

**Warm up 2 – The Rope** – Fasten a 10m long rope between two fixed points at approximately 80cm from the ground. Starting at one end of the rope perform 3-5 lengths of each of the following exercises. Perform exercise at a walking speed first, then progress to a skip, backwards and/or backwards skip.

- 1) Side step over (step over, take one step forward and step over again)
- 2) Rotational step over (swing outside leg over rope)
- 3) Front back step over (step forwards over the rope, side step, then step backwards)
- 4) Duck under
- 5) Duck under with pivot (from squat to lunge)

*Key points – When stepping over bring the knee to shoulder not the shoulder to knee. When ducking under keep knees out.*

*Purpose – Hip mobility and leg strength.*

### Conditioning Workouts

**Conditioning workout 1 – Speed Agility Quickness Course** – Create a SAQ course that will take between 1-2 min to complete with approximately 8-10 skills. In a small group perform 12-15 rounds through the course with 30 sec rest between rounds. Time athletes and push them to get the top time while maintaining perfect technique. Below are 10 skills options for the course.

- 1) Rope duck unders/overs
- 2) Speed ladder
- 3) Agility cone slalom
- 4) Stone clean and press
- 5) Figure 8s around tires
- 6) Balance beam walk
- 7) Short sprint
- 8) Crawling
- 9) Pull ups
- 10) Kettlebell swing

*Key points – Be technical on the technical obstacles and fast between obstacles. Keeping time is critical for motivation! Keep the course safe!*

**Conditioning workout 2 – Battling ropes** – With a 15m long and between 20-40mm thick rope perform the following workout. Loop the middle of the rope around a fixed object and complete 1 round of 30-45sec of each exercise with 1 min of rest between each exercise.

- 1) Alternating waves
- 2) Double waves
- 3) Shoulder flies facing away
- 4) Circles out
- 5) Circles in
- 6) Upper cuts
- 7) Combat twist
- 8) Chest in & outs
- 9) Giant slams
- 10) Pull back and press (10 alternating & 10 doubles)

*Key Points – Keep waves reaching to anchor point. Move less and do more. Always keep at least 2 waves in rope. The rope is an excellent to be performed in groups of two.*

*Purpose – Upper body anaerobic power building.*

### **Strength Workouts**

**Strength workout 1 – Suspension Training with the KTT** – Suspension training works on the pendulum principle which means the closer you are to the anchor point the more resistance and the farther away you are the less resistance. This workout below uses a ladder system on 3 exercises in a group. For example in the warm up series below, perform 10 push ups, 10 jump squats, and 10 rows, then 8 push ups, 8 jump squats and 8 rows and so on until you're finished.

- 10,8,6,4,2 push up, jump squat, row (warm up series)
- 9,7,5,3,1 superman squat, hip hinge, Kosac squat (hip series)
- 8,6,4,2 atomic push up, hip bridge, alternating hamstring curl (ground series)
- 7,5,3,1 T raise, biceps curl, triceps extension (shoulder/arm series)
- 6,4,2 1 leg squat, archer row, 1 arm roll out (single arm/leg series)
- 5,3,1 wood chop, body drop, sissy squat (core series)

*Key Points – No sagging, no slacking, and no stopping.*

*Purpose – Total body strength that can be performed anywhere.*

**Strength workout 2 – Deck of Cards** – Using a deck of cards set an exercise to each suit and perform the number or reps on the card. JQKA are each 10 reps. The leader/coach flips the card and shows it to the athletes. Jokers are 25 reps of an exercise

- 1) Diamonds – Bodyweight row or laying back extension
- 2) Hearts – Push ups
- 3) Clubs – Lunges
- 4) Spades – Sit ups
- 5) Jokers – Squat thrust or jumping jacks

*Key points – This workout should be timed and strive for less time. Increase difficulty and/or rotate exercises every 2<sup>nd</sup> session.*

