

Edge Athletics Virtual Training - Session 19 - Wednesday, July 1

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