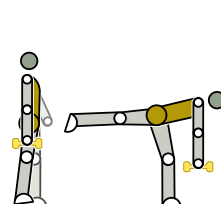
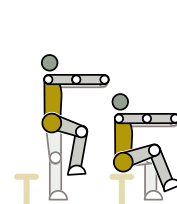
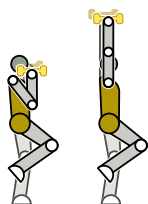
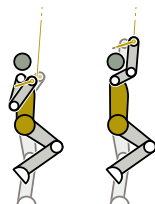
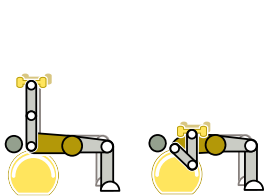


SAMPLE WORKOUTS

1. STABILITY

1. WARM-UP

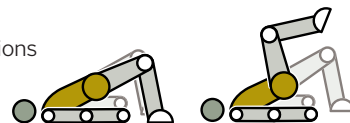
- Foam-roll any tight muscles. Find tender spots and hold for 30 seconds.
- Stretch any tight muscles, holding each stretch for 30 seconds.
- Do 5 minutes on a treadmill, medium pace, to warm muscles and elevate heart rate.



2. CORE

Supine March

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.



3. RESISTANCE

Stability-Ball Dumbbell Press

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.

Standing One-Leg Cable Lat Pull

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.

One-Leg Overhead Press

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.

One-Leg Bench Squat

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.

Single-Leg Deadlift

- 2 sets of 15 to 20 repetitions
- Rest 90 seconds between sets.

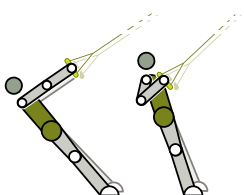
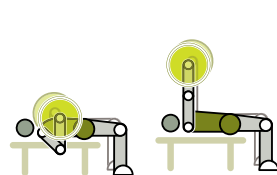
4. COOL-DOWN

- Do 5 minutes on a rowing machine, easy pace.
- Foam-roll tight muscles.
- Static-stretch tight muscles.

2. STRENGTH

1. WARM-UP

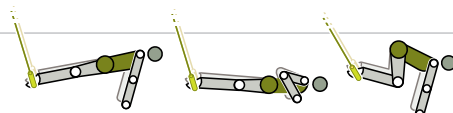
- Foam-roll any tight muscles.
- Active-isolate-stretch any tight muscles, holding each stretch for 1 to 2 seconds for 10 reps.
- Do 5 minutes on a stationary bike, medium pace.



2. CORE

TRX Tuck

- 3 sets of 8 to 12 repetitions
- Rest up to 60 seconds between sets.



3. RESISTANCE

Superset 1:

- Barbell Bench Press** AND
- 3 sets of 8 to 12 repetitions

- TRX Row**
- 3 sets of 8 to 12 repetitions
 - Rest up to 60 seconds between supersets.

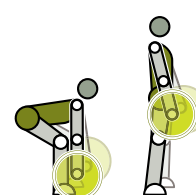
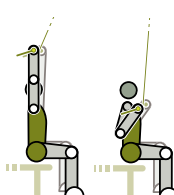
Superset 2:

- Barbell Squat** AND
- 3 sets of 8 to 12 repetitions

- Lat Pulldown**
- 3 sets of 8 to 12 repetitions
 - Rest up to 60 seconds between supersets.

Straight Set: Deadlift

- 3 sets of 8 to 12 repetitions
- Rest up to 60 seconds between sets.



4. COOL-DOWN

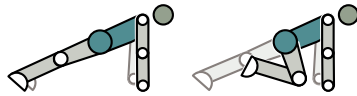
- Do 5 minutes on an elliptical machine, easy pace.
- Foam-roll tight muscles.
- Static-stretch tight muscles.

3. POWER

1. WARM-UP

- Foam-roll any tight muscles.
- Do dynamic stretching with lateral tube walking, prisoner squats, or medicine-ball lift and chop.

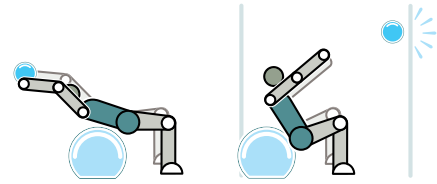
2. CORE



Superset:

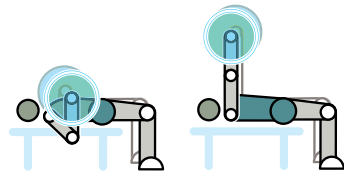
Mountain Climber
2 sets of 12 repetitions

AND



Stability-Ball Med-Ball Throw

2 sets of 12 repetitions
■ Rest 2 minutes between supersets.

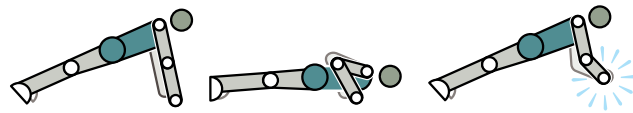


3. RESISTANCE

Superset 1:

Bench Press
3 sets of 5 repetitions

AND

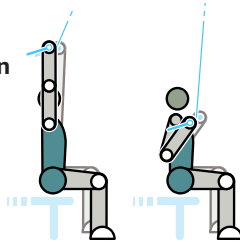


Plyometric Pushup

3 sets of 8 repetitions
■ Rest 2 minutes between supersets.

Superset 2:

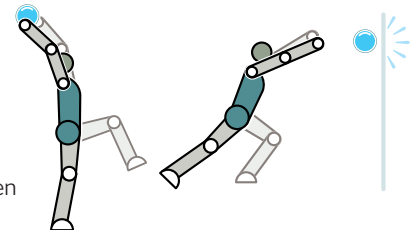
Lat Pulldown
3 sets of 5 repetitions



AND

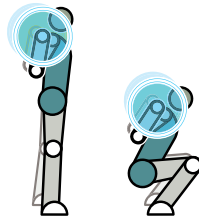
Medicine-Ball Soccer Throw

3 sets of 8 repetitions
■ Rest 2 minutes between supersets.



Superset 3:

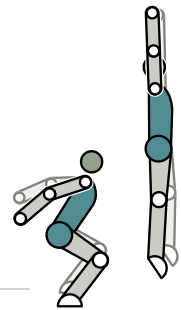
Barbell Squat
3 sets of 5 repetitions



AND

Jump Squat

3 sets of 8 repetitions
■ Rest 2 minutes between supersets.



4. COOL-DOWN

- Do 5 minutes on a treadmill (optional).
- Foam-roll tight muscles.
- Static-stretch tight muscles. 🔄



Andrew Heffernan, CSCS, GCFP, is an *Experience Life* contributing editor.