

BRHLL STRENGTH & CONDITIONING PROGRAM

CORE WORKOUT

6 STATIONS X 2 ATHLETES STATION

STATION 1	SINGLE LEG SQUATS (alternate legs)
STATION 2	BURPEES
STATION 3	JUMPING LUNGES
STATION 4	ROLLING PLANK TUCKS
STATION 5	MOUNTAIN CLIMBERS
STATION 6	LATERAL JUMP + SQUAT JUMP

WATER

STATION 1	PLANK "BALL MOVEMENT"
STATION 2	TRUNK TWISTS W/ MED BALL
STATION 3	INFIELDER DRILL - PARTNERS ROLLS BALL TO INFIELDER - REACT AND RETURN BALL
STATION 4	OVERHEAD THROW W/ MED BALL
STATION 5	HIP THRUST W/ MEDBALL SIDE TO SIDE (SWAP @ 1/2)
STATION 6	UNDERHAND THROW W/ MED BALL

COOL DOWN	5 LAPS TOGETHER AS TEAM
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