STRENGTH

2 POINT START 20 YD SPRINT  (2 MIN REST BETWEEN)

MIA MUNDEN

4X3 EA. SIDE

GPP

PUSH UP

HYPER

HOLD TIME EA SIDE

2 POINT START 20 YD SPRINT  (2 MIN REST BETWEEN)

WK 16

1X2-3

LAST BENCH

HOLD TIME EA SIDE

NAME:

HOLD TIME EA SIDE

WEDNESDAY/ACCEL

4X4 EA. SIDE

STRENGTH

GPP

HYPER

1X4-5

1X4-5

1X3-4

GPP

STRENGTH

HOLD TIME EA SIDE

GPP

4X2 EA. SIDE

REPTITIVE EFFORT

STRENGTH

HYPER

HYPER

1X3-4

HYPER

MOBILITY WORK

MADY RAINEY

4X4

1X3-4

1X2-3

SPORT:SOFTBALL