

Reps Plyometric Color Bands

Cross Over Symetry

TOP Attachment

	Dynamic Hug	30 sec		Blue
X	Bow and Arrow	30 sec	Alternating Arms	Blue
X	Pullback @90	10 Reps Slow	Sets of 5 PLYO	Red
X	Facing W pullback to overhead press	30 sec		Yellow
X	90/90 IR	10 Reps Slow	Sets of 5 PLYO	Blue
X	90/90 ER	10 Reps Slow	Sets of 5 PLYO	Red
X	Facing D1 Extension	10 Reps Slow	Sets of 5 PLYO	Red

BOTTOM Attachment

X	Shoulder Overhead Press-flexion	30 sec		Blue
X	Row w/ ER (at side)	30 sec		Red
X	Facing Eccentric D2 Y	10 Reps Slow	Sets of 5 PLYO	Yellow
X	Facing Neutral to 90/90 position	10 Reps Slow	Sets of 5 PLYO	Yellow
X	Scaption	30 sec		Red

Exercises are Performed for a Set of 10 followed by PLYO Reps of 5---Do as many as you can in 30 sec Periods

TRX Suspension

60 degree push-up	30 Sec
60 degree push-up with alt elbow extension	30 Sec
60 degree fly	30 Sec
Squat to Inverted row	30 Sec
Superman	30 Sec
Snow Angel	30 Sec

BALL DRILLS

Wall dribbles-90/90	30 sec	2 sets
Facing 90/90 throws against wall	30 sec	2 sets
Rhythmic Stabilization- flexion	30 sec	
Rhythmic Stabilization- abduction	30 sec	
Rhythmic Stabilization- 90/90 position	30 sec	
Kneeling overhead catch	1 min	
Kneeling overhead catch with stop	1 min	
Kneeling 90/90 ecc ER	1 min	
Standing partner 90/90 throws	30 sec	2 sets