

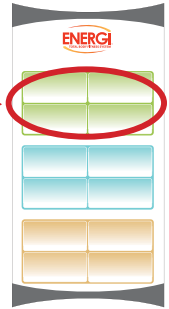


Training Session #1

Dynamic Warm Up: All 24 participants will complete 10-20 repetitions of the exercises below. Repeat sequence for a total of 2 sets.

- Knee Lift
- Heel Tuck
- Reverse Lunge
- Jump Front-to-Back (Both Feet)
- Jump Side-to-Side (Both Feet)
- Jump Front-to-Back then Side-to-Side (Both Feet)

1A & 2A exercises = athletes will perform First Day exercises on the ENERGI signs.
1B & 2B exercises = athletes will perform plyometrics and agility exercises as noted.



Circuit Block #1

ENERGI Station 1 Dynamic Stretches & Active Movement	
1A	Alternating Knee Lifts
1B	Ankle Jumps in Place
2A	Alternating Heel Tucks
2B	Ankle Jumps in Place

Circuit Block #5

ENERGI Station 3 Squat & Dip Exercises	
1A	Fast Squat
1B	Two Foot Side-to-Side Quick Jumps
2A	Dip with Knees Bent
2B	Two Foot Side-to-Side Quick Jumps

Circuit Block #2

ENERGI Station 2 Angle Bar & Hurdle Exercises	
1A	Lateral Low Bar Jump Side-to-Side
1B	Two Foot Jump with Torso Twist
2A	Forward-to-Back Walk Over
2B	Two Foot Jump with Torso Twist

Circuit Block #6

ENERGI Station 4 Agility Step & Power Step Exercises	
1A	Straddle Step (6 each leg)
1B	Jog in Place
2A	Step-Up Low or High Step (6 each leg)
2B	Jog in Place

Circuit Block #3

ENERGI Station 2 Pulling & Back Exercises	
1A	Single Bar Horizontal Pull-Up
1B	Continuous Jump and Tap Vertical Bar with Both Hands
2A	Pointer Dog, Opposite Side & Hold (<i>switch</i>)
2B	Squat Jump - Quickly Squat Down and Jump Up as High as Possible. (<i>Do not use your arms. Keep hands on hips in order to force triple extension of the ankles, knees, and hips.</i>)

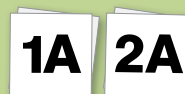
Circuit Block #7

ENERGI Station 5 Core & Torso & Stabilizing & Balance Disc Exercises	
1A	Alternating Knees-In
1B	Quick Feet in Place
2A	Squat and Hold
2B	Quick Feet in Place

Circuit Block # 4

ENERGI Station 3 Push-Up & Balance Exercises	
1A	Push-Up on High or Low Bar
1B	Two Foot Front-to-Back Quick Jumps
2A	Plank Walk Heel-to-Toe
2B	Two Foot Front-to-Back Quick Jumps

Additional materials needed:



Activity Cards
(See pg. 2 for more information)