

CHOICE warm up

5-10 minutes

Marching in place, Boxing with your arms

YOU SHOULD NOT HAVE PAIN WHEN DOING THESE, IF YOU DO STOP

YOU MAY HAVE SORENESS AFTER then exercises but it should go away in 24-48 hours that is normal (DOMS-delayed, onset muscle soreness-just like practice)

CORE work

Plank on elbows (STOMACH)

Hold Goal is 1 min (60 sec)

(if you can't hold for a min you can do 10 sec x 6 OR 15 sec x 4 OR 20 sec x 3)

(If you can't go on Toes, then prop on your knees)

On elbows:

Lift Right arm then Left arm Do 10 rounds

Then

Lift Right leg then Left leg Do 10 rounds

Then

Lift Right arm with Left leg

Switch Left arm with Right leg

Do 10 rounds

Plank on side (each side)

Goal is 1 min (60 sec)

Leg Lifts 10 reps on side plank

Side Plank twist

Main set: 9 rounds

Mountain Climbers 60 sec

Rest 20 sec

CHOICE Warm down 5 minutes or longer

Ez stretching, arm swings

Marching, walking, boxing