

CHOICE warm up
5-10 minutes

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)

Make sure you stretch your wrist

Swiss (Stability) Ball: make sure you have a chair next to the ball to prevent falling off
Keep CORE tight when you are on the Swiss Ball

Sitting: Keep ball still as possible
Alternating Arm/Legs 2 minutes
Lift both arms up on toes 2 minutes

Wall push-ups on Ball on wall may progress to floor progress to mountain climbers
10 reps x 4 sets

Sprint mini set: 8 rounds
30 seconds Rest 15
Ball taps on the wall

4 point: Ball under stomach
5 rounds: 1-2 minutes rest 10 sec
Alternating Arms/Legs (Right arm lifts and left leg lifts)
Control-ball should not move keep stomach, back tight

Ball under shoulders
5 rounds: 1-2 minutes rest 10 sec
Alternating Arms/Legs (raise right arm above head/kick left leg straighten knees)

Bridging on Ball-push-outs -breaststroke

Main Set: 4 rounds 1-2 minute each round
You can do this two ways
1) With a partner holding the ball
2) Put the ball against the wall
Prop on your hands, the Swiss Ball under your feet, flutter kick

Plank on Ball under elbows-keep abdominals tight and back straight
Hold as long as you can

CHOICE Warm down 5 minutes or longer