Bite-Sized Workout One: Between-Turns Rope Endurance with Shoulders and Wrists

Build endurance between turns with this performance-focused side station! A great addition as athletes begin putting routines together, this workout combines battle rope exercises with shoulder and wrist work.

Coaching Tip: Set up battle rope stations near beam, tumble track, bars, or vault, keeping equipment clear of landing areas and traffic. After each turn, routine, or routine section, have athletes complete **one exercise**. Continue through the sequence, aiming to complete all 12 exercises over the course of the rotation.

Equipment Needed:

- Battle ropes—multiple stations help keep athletes moving
- Small resistance bands
- **Foam blocks**

All Exercise link:
https://vimeo.com/1108179579/ae43a31af6?share=copy

1. Burpee Alternating Slams 10 total burpees 4 slams

2. Single Leg Alternating Slams 20 each side

3. Fly Slams 20

4. Tuck open slams

5. Twisting Rocker Slams 15 each side

6. V Seat Alternating slams 20 each arm

7. Wrist circles 20 inward, 20 outward

8. One leg alternating slams 4 slams per leg, switch legs 4 times

9. V up slams 30

Part Two: Grab 4 foam blocks or bean bags and a small band per athlete:

10. Prone Goal Post Lift Offs 10 forward 10 backward

11.Banded Hand press 20 each hand

12. Banded Thumb Abduction 20 each thumb

Bite-Sized Workout Two: Heavy Band Side Station

Have heavy resistance bands and aren't sure how to use them? Put them to work with this challenging side station! I'll be honest, this one is tough, and having the right type of bands makes all the difference. You could do all of these WITHOUT THE BAND and it would still be challenging!

Coaching Tip: Use the band type demonstrated in the workout and choose resistance that allows athletes to maintain proper technique. This side station can be used throughout all three phases.

Equipment Needed:

- Heavy resistance bands appropriate for the exercises shown

Level: Advanced.

All Exercise Link https://vimeo.com/1109181296/f0955ab395?ts=0&share=copy

1)Assisted PBAr Pull ups tuck 10

2)Assisted Front Supports 10

3)Assisted Pike Pull Ups 10

4)Assisted High Bar Kip Up 5

5)Assisted Row Backs 20

6)Assisted Pull Downs 20

7) Assisted Straddle Pull Downs 15

8)Assisted Low Bar Straddle Outs 20

Bite-Sized Workout Three: Super Quick Cardio Panel Spurt!

Short on time but still need to build endurance? This quick cardio burst gets hearts pumping and bodies warm. Grab your panel mats and bring the energy!

Coaching Tip: Keep athletes moving with quick transitions and good form. Adjust the number of sets to fit your athletes' level and available time.

Equipment Needed:

- Panel mats

Level: All levels.

Time: 5–10 minutes, depending on the number of sets. Complete two sets if you have a little more time! Keep MOVING!

Vlmeo Link:
https://vimeo.com/1245610533/ee95bee297?share=copy&fl=sv&fe=ci

1)Fast Feet 30

2)Burpee Ups 10

3)Punches up arms over head 10

4)Up and Over hands 10 total 5 each side

5)Jump 1/2 10

6)Lateral Jumps 10

7)10 Squat jumps up Low to low position