

Basics, Basics, Basics

Week 19-24



Workout 2

Shaping/Active Core

Coaches Notes: Again, the theme of this 6 weeks segment is building endurance! This will be the most challenging and most important workout of the six weeks Please keep athletes moving with only a tiny bit or no rest time between each exercise! You will see great changes with this workout if done consistently

Name	Reps/Minute
Reverse Sit Ups	15 reps
Hollow Rockers	20 reps
L-Seat Taps	20 reps
Straddle Seat Taps	20 reps
Modified Russian Twist	20 reps
Superman Hold	30 seconds
Swimmers	30 seconds
Snow Angels	20 reps
Snow Angels On Belly	20 reps
V-Ups	20 reps