



THE RIDGE Athletic Clubs

Introduction

No Introduction has been specified

Warm Up

Cardio Program

| Activity | Intensity | Duration | Comments |
|----------|-----------|------------|----------|
| Running | moderate | 45 minutes | |

Summary Of Program

| Activity | Type | Sets | Reps | Duration | Tempo | Intensity | Rest |
|---------------------------|----------|------|------|----------|-------|-----------|------|
| Gymnasium lateral shuffle | Exercise | 4 | | | | | none |
| Stair sequence | Exercise | 5 | | | | high | |
| Gym Jumps | Exercise | 6 | | | | | |

Cool Down

GYMNASIUM LATERAL SHUFFLE

Reps : **Sets :** 4 **Intensity :**
Tempo : **Rest :** none **Duration :**

Preparation :

Movement : Lateral shuffle around basketball court.

Image not available

Notes : Lateral shuffle quickly one direction around a basketball court or similar length. Switch directions each set.

STAIR SEQUENCE

Reps : **Sets :** 5 **Intensity :** high
Tempo : **Rest :** **Duration :**

Preparation :

Movement : 2 leg jumps up stairs. Skip as many as possible. 15 push ups. bear crawl down stairs.

Image not available

Notes : The stair sequence is done by jumping up the stairs skipping as many stairs as possible. At the top 10 pushups, then bear crawl down the stairs. And repeat for 5 sets.

GYM JUMPS

Reps : **Sets :** 6 **Intensity :**
Tempo : **Rest :** **Duration :**

Preparation :

Movement : Jump as far as possible as many times as possible.

Notes : Jump as far as possible and land very soft as many times as possible to failure. Then repeat for all 6 sets.

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