

WWRA Varsity Girls - Land movement – August 2017 v2.8

Dynamic warmup A (12')

6' run

Vinyasa 1 (supple: cat-cow-child-cobra-dog-cow-cat)

Vinyasa 2 (standing: tadasana-twisting warrior-revolved chair-bend-tadasana)
Jumpee

Dynamic warmup B (7')

Jumping jacks

Hula hoop - Down and around -

Spiderman progression - Charlie's Angels -

Toy soldier/Back extension

Jumpee

Body circuit 15' (50" on 10" off)

Plank front (adv: dynamic legs)

Bridge (adv: dynamic legs)

Dead bug (antiextension) or Slow bicycles
Warrior 3

Jumpee (adv: for height)

Plank right (adv: dynamic twists)

Wonderwoman (adv: thigh off floor)

Lunge back (adv: with medicine ball)

Crunch (adv: alternating sides)

Burpee (adv: with push up)

Plank left (adv: dynamic twists)

In and outs (adv: sculler)

Push up (adv: one arm)

Bird dog (adv: in plank)

Russian twist (adv: with medicine ball)

Lifts

dead lift – (squat) – (Romanian dead lift) –
hamstring ball roll – bench/standing row –
bench/barbell press – pull up – shoulder
press – tricep ext./dip – kettle ball swing –
Paloff press (antirotation). Also: medicine
ball jam, medicine ball twist, medicine ball
overhead toss. (Not yet: power clean)

Taiji

Finish posture: Open temple gates

Sweep twist: Part the mare's tail

Spine flexion: Flying dragon

Insert sequence: Cloud hands

Boat communication: Floating reeds

Core A (5') (50" on 10" off)

Plank front (adv: dynamic legs)

Bridge (adv: dynamic legs)

Wonderwoman (adv: thighs off floor)

Dead bug

Crunch (adv: alternating sides)

Core B (5') (50" on 10" off)

Side plank left (adv: dynamic twists)

Bridge (adv: dynamic legs)

Wonderwoman (adv: thighs off floor)

Side plank right (adv: dynamic twists)

Paloff press (bands) or Russian twists (adv:
with medicine ball)

Post-row vinyasas

Vinyasa 3 (apanasana-bridges-twists)

Vinyasa 4 (cow-child-cobra-locust-cobra-
child-cow)

Post-row Stretch circuit (12')

(30" or 5 breaths per side)

Crescent moon (psoas)

Seated forward push (hams) #1

Leg hug (glutes med)

Half Lord of the Fishes (spine)

Figure 4 (hips)

Reclining twist (spine)

Hurdler (hams)

Quad (quads)

Pigeon (hips)

Cow/cat/child (spine)

Garland (compression)

Standing raised arm side stretch

Seated forward push (hams) #2

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Mia specials: UNDER REVIEW FOR SAFETY

Plyometrics A (30')

AB AB AB - 20" on 10" off

1. Fly Jacks & Pop Squats
2. Jumping Jacks & Side Lunge Pop
3. Jumpee & Jumping Lunges
4. Rocket Squats & Mt. Climber
5. High Knees & Walkdown Push-up
- *water break (2')*
6. Squat + 2 high kicks & Star Jumps
7. Spiderman pushups & Side Plank Toe Touch
8. Butt Kickers & Burpee
9. Power Skip Reverse Lunge & Plank Jacks
10. Squat Lunges & Burpee Pulse Hold

Plyometrics B (30')

AB AB AB - 20" on 10" off

1. Squat Jack Burpees & 3 Pulse Jumping Lunge
2. Foot Tap Jump Squat & Traveling Plank
3. Roundabout Push-Ups & Wide Burpee + two Double Butt Kickers
4. High Knees & Heel Tap See-Saw
5. Split Lunge Jump Toe Touch & 3 Calf Raises + Jump Squat
- *water break (2')*
6. Crossover Superwomen & Lateral Jumps
7. Jackknife Get-Ups & Flutter Squats
8. Running Man & Downward Dog + 3 Heel Taps + Leg Raise
9. Commanders & Long Jump
10. Spiderman Push Up with Leg & Sideways Mt. Climber