POWER STRENGTH
TRAINING SYSTEMS

Warmup 1		Warmup 2	
Seal Jumps	20	Jumping Jacks	10
Squat to Stand	5	Seal Jumps	10
Cossack Squat	10	Hands Behind Back Neck Circles	3 each
Cat/Camel	5	Hip Crossovers	10
Downward Dog, Glute Stretch	3 each	Straight Leg Kicks	5 each
Pec/Lat Stretch	3 each	Cat/Camel	5
Reach-Throughs	3 each	Downward Dog, Glute Stretch	2 each
Blackburns	10	Reach-Throughs	3 each
Pushup	5-10	Alternating Supermans	10
Mountain Climbers	20	Pushup	5-10
Figure 4 Glute Bridge	10 each	Groiner w/ Stand Up	3
Glute Bridge Diagonal Reach	3 each	Single Leg Glute Bridge	8 each
Rollover to V-Sit	3	Glute Bridge March	10
Gate Swings	10	BW Squat	5
Forward Lunge, Reverse Lunge, Leg Kick	3 each	BW Split Squat	5 each
Low Pogos	20	Low Pogos	20

POWER STRENGTH
TRAINING SYSTEMS

Warmup 3		Warmup 4	
Jumping Jacks	20	Seal Jumps	10
Downward Dog, Strider, Both Reaches	2 each	Jumping Jacks	10
Cat/Camel	5	Hands Behind Back Neck Circles	3 each
Alternating Supermans	10	Cat/Camel	5
Pushups	5-10	Downward Dog, Strider, Elbow Drop, Reach	2 each
Mountain Climbers	10	Frog Stretch Rockers	5
Groiner w/ Stand Up	3	Frog Stretch Pec/Lat Stretch	2 each
Cossack Squat	8	Blackburns	8
Straight Leg Kick	5 each	Pushup	5-10
Single Leg Glute Bridge	8 each	Mountain Climbers	20
Glute Bridge March	8	Figure 4 Glute Bridge	8 each
BW Squat	8	Glute Bridge Walkout	3 trips
Gate Swings	8	Cossack Squat	8
Wideouts	20	Gate Swings	8
Low Pogos	20	Wideouts	20
Seal Jumps	20	Low Pogos	20