

ETS RF Movement Prep

Dynamic Warm Up		T	Sets	Reps	Rest	NOTES
Circulation & Movement Prep						
J & T Jacks		NA	2	15e	NA	
Gate Swings		NA	2	8	NA	
Low Pogo Jumps		NA	2	25	NA	
Muscular Alignment + Activation						
OI Static Hip Flexor		NA	1	15e	NA	
Hip Thrust		NA	1	10	NA	
SL Hip Thrust		NA	1	8e	NA	
Bird Dogs		NA	1	8e	NA	
Hip Circles		NA	1	8e	NA	
CNS Prep + Activation						
Perfect Squats		NA	1	8	NA	
Reverse Lunge + OH Reach		NA	1	4e	NA	
Lateral Lunge + Rotational Reach		NA	1	4e	NA	
Squat Jumps + FA		NA	2	5	NA	
Front Plank		NA	2	30sec	NA	
Sprint Progression		T	Sets	Reps	Rest	NOTES
High Knee Rapid Tempo		NA	2	10YDS	30s	
Fast Hips Rapid Tempo		NA	2	10YDS	30s	
Crossover Run		NA	2	10YDS		
Q-Skips		NA	2	15YDS	15s	
P-Skips		NA	2	15YDS	15s	
Falling Tempo @ 75%		NA	1	15-30YDS	30s	
Falling Tempo @ 85%		NA	1	15-30YDS	NA	