ONLINE COACHING - ACTIVITY TRACKER

Week of: **May 18**

	5/18 **MONDAY**	5/19 **TUESDAY**	5/20 **WEDNESDAY**	5/21 **THURSDAY**	5/22 **FRIDAY**	5/23 **SATURDAY**	5/24 **SUNDAY**
Morning Routine	Gregor	Sarah	Alice	Misa	Han	Lucy	Martine
	☐	☐	☐	☐	☐	☐	☐
Ball Exercise	Setting	Digging	Spiking	Thursday Special	Ball Control	Sitting ball control	Challenge
	☐	☐	☐	☐	☐	☐	☐
Full - Body Workouts		**LEGS & CORE** Warm up: 20 sec. each Running in place, High knees Side Split Squat 3 RNDS of 10x Squats 10x Squat jacks 10x Burpee 40 sec High Plank 10x Forward Lunges with rotation 10x Split Jumps 10x Squat Thrusters 20x Mountain Climbers Cool down: 30 sec. Hip Abductor Stretch L/R Glute Stretch L/R		**SAND CARDIO & AGILITY** Warm up: 20 sec. each Hurdles Walkouts High knees Walking lunges with twist 5RNDS 35 m bear crawl 35 m broad jumps, do 3 burpees after 5 broad jumps Cool down: 30 sec. each Wall calf stretch L&R Hamstring Stretch L&R		**FULL BODY WORK OUT** Warm up: 30 sec. each Alternating Hurdles Side Split Squats Standing Y Raises 3 RNDS 15x Squats to calf raises 10x Walkouts to Plank 20x Mountain Climbers 15x Squat jacks 10x Push ups 20x Superman 20x Russian Twists 40 sec. Plank Rest 1 min Cool down: 30 sec. Lunging Stretch L&R Spinal Rotation L&R	
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Online Sessions	☐	☐	☐	☐	☐	☐	☐