

Travel Workout:

Warm Up		Reps	Wgt
Lacrosse ball			
Feet		15's each side	
Chest		15's each side	
Back		15's each side	
Butt		15's each side	
Stretch			
Chest		15's	
Hip Flexor		15's each side	
Movement			
Cat Camel		10	0
Hip Circles		10	0
Thoracic Rotation		10	0
Glute Bridge Marching		10	0
Wall Slides		10	0
Side Lunge		10	0
Split Squat		10	0
Strength			
1a) TRX Lunge x3		AMAP (-2)	0
1b) Pushup x3		AMAP (-2)	0
1c) Slider Body Saw x3		AMAP (-2)	0
2a) Rvs Lunge x3		AMAP (-2)	0
2b) TRX Row x3		AMAP (-2)	0
2c) Alt Slider Reach x3		AMAP (-2)	0
3a) Run stairs 5 mins			