

# ~ Train Like a Pro ~

**Presented by:** Sam Sheppard, Nakeesia Kann, Erika Firebaugh, Jordyn Bledsoe, Brenna Schrimsher, and Mitchell Garver

**Emphasis/Theme:** Multi-sport exercises

## **Circuit:**

**#1:** Michael Strahan Football Ladder Work

**#2:** Serena Williams Tennis Russian Twists on Physioball

**#3:** David Beckham's Soccer Agility Drills

**#4:** Sonya Richards-Ross Track Dynamic Stretching

**#5:** Michael Jordan's Basketball Squat Jumps

**#6:** Michael Phelps Swimming Lateral Raise with Resistance Bands

**#7:** Albert Pujols Baseball Side Plank Push-up Twists

**Time at each station:** 60 seconds

**Number of people per station:** 3 people per station

**Station change signal:** Whistle

**Recommended number of circuits:** 2 to 3

## **Safety Concerns:**

- General correct form, posture and technique during each exercise
- Squat-jumps: correct execution of squats
- Lateral raises: resistance band wrapped twice around the foot, light enough resistance, correct execution
- Physioball twists: braced core and caution of sliding ball
- Side plank push-ups: neck in straight line, abdominal muscles engaged, and hands placed under shoulders (avoid strain on rotator cuff muscles)