ONLINE COACHING - ACTIVITY TRACKER

Week of: May 11

	5/11 **MONDAY**	5/12 **TUESDAY**	5/13 **WEDNESDAY**	5/14 **THURSDAY**	5/15 **FRIDAY**	5/16 **SATURDAY**	5/17 **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 Side split Lunges, Rotational Chop Dynamic Chest Stretch 3 RNDS of 15x sit ups 20x squats 10x Plank lunges each side 20x Split squat Right 15x Bent knee V ups 20x Split squats Left 10x Plank leg lifts Cool down: 30 sec. Spinal Rotation L&R Cobra stretch		**HOME CARDIO & AGILITY** Warm up: 30 sec. each 10x Side Lunges 10x Forward Lunges L&R 10x Side Split Squats 3RNDS 40 sec. Jumping Jacks 40 sec. High knees 15 sec. high knees 10x Burpees 40 sec High knees 40 sec. Jumping Jacks 1 min. rest Cool down 30 sec. each Hamstring stretch L&R Lunging Stretch L&R		**FULL BODY WORK OUT** Warm up: 30 sec. each High knee taps Alternating hurdles Side Split Squats 4 RNDS: 10x Forward lunges with twist 15x Triceps Bench Dip 10x Squat Jacks 10x Squat thrusters 10x Wide push ups 10x Bicycle Crunches 45 sec Low Plank 1 min rest Cool down: 30 sec. Torso Twist Stretch L&R Glute Stretch L&R	
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Online Sessions	☐	☐	☐	☐	☐	☐	☐