ONLINE COACHING - ACTIVITY TRACKER

Week of: April 6

	4/6 MONDAY	4/7 TUESDAY	4/8 WEDNESDAY	4/9 THURSDAY	4/10 FRIDAY	4/11 SATURDAY	4/12 SUNDAY
Morning Routine	Gregor	Sarah	Alice	Misa	Han	Lucy	Martine
	☐	☐	☐	☐	☐	☐	☐
Ball Exercises	Setting	Digging	Spiking	Pokey	Ball Control	Sitting ball control	Challenge
	☐	☐	☐	☐	☐	☐	☐
Full-Body Workouts		HOME CARDIO & AGILITY Warm up: 30 sec. each Squats Punchs Dynamic Chest Stretch 3 RNDS 10 Walkouts Side to side hops 10 burpees 45 sec. Front to back hop Squat Jacks Pick up 1min Fast Feet Cool down: 30 sec. Hamstring Stretch L&R Hip Flexor Stretch L&R		LEGS & CORE Warm up: 20 sec. each Side split Lunges, Rotational Chop Dynamic Chest Stretch 3 RNDS 15 sit ups 20 squats 10 Plank lunges each side 20 Bulgarian Split squat Right 15 bent knee V ups 20 Bulgarian Split squats Left 10 Plank leg lifts Cool down: 30 sec. Spinal Rotation L&R Cobra stretch		SAND/GRASS WORK OUT 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	
		☐		☐		☐	
Online Sessions	☐	☐	☐	☐	☐	☐	☐