

### Block 1 - Core Temp. Elevation

1. Posture Jog - 30 sec each direction
2. Posture Skip - 30 sec total
3. Bounding - 30 sec total
4. Quick Carioca - 30 sec total
5. Tap & Go - 30 sec total (this can be taken out to speed things up)
6. Step & Torque - 30 sec total

### Block 2 - Arm Care and Recovery

1. Flex T Walks - Stationary - 30 sec total
2. Flex T Walks - Moving - 20 sec each wrist position
3. Flex T Cariocas - 30 sec total
4. Walking Arm Circles - 20 sec each wrist position
5. Speed Towels - 30 seconds 2 sets (this can be taken out sometimes, would like them to complete this a couple times a month)

### Block 3 - Crossover Symmetry Bands - Opener - 8 reps each

1. Row - H - Eye Level
2. Reverse Fly - L - Eye Level
3. Pulldown - H - Eye Level
4. 90/90 - L - Knee Level
5. Scaption - L - Knee Level
6. Incline Plus - H - Knee Level
7. Victory - L - Knee Level

### Block 4 - Nerve Pathway Patterning

Need - 1lb plyo, towel+baseball, baseball, towel

3 reps each hand position with each object

1. Knee Drill
2. Standing Torque Toss
3. Rocker Leapers
4. Crossover
5. Step Behinds