

Thursday June 4

## **GLRR Warm Up Circuit**

- **Kinetic Drills**

- A Skip (**20 yds**)
- Zombie Walk (**20 yds**)
- **5 x** Stationary Squats
- High Knee Pull Up (**20 yds**)
- Sliding Jacks L & R (**20 yds**)
- Quad Pulls (**20 yds**)
- Straight Leg Toe Bounces (**20 yds**)
- T-Walks (**20 yds**)

- **10 min warm up run**

## **Plank Series (30 seconds w/ 30 seconds rest)**

- Standard
- Push-up position
- Reverse
- Standard w/ alt. leg lifts
- Left Side Plank
- Right Side Plank