

| SW CABO | | DATE | | | COACH: M | | |
|-----------------------|----------|-------|-------|-------|----------|-------|-------|
| | | DAY: | | | TIME: | | |
| | | | | | | | |
| MOVEMENT | Detail | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
| Set 1: 1X | | | | | | | |
| Full body foam Roll | | 3 min | | | | | |
| TRX Warm up | TRX | | | | | | |
| Set 2: 4X | | | | | | | |
| Squat Press On Bosu | 2x15 | 10 | | | | | |
| 2 DB Chest Press | 20x2 | 15 | | | | | |
| Mid Row | TRX | 10 | | | | | |
| Skaters | Bosu | 5e | | | | | |
| Set 3: 3X | | | | | | | |
| Y Fly | TRX | 10 | | | | | |
| Pike | TRX | 10 | | | | | |
| Lateral Flexion Pulse | Bosu | 15e | | | | | |
| Ski Erg | | 1 min | | | | | |
| Mobility | Lax ball | | | | | | |