

PITCH PERFECT - TEAM

Workout Goal	Hit all of the major muscles groups when competing with your team on the field					
Workout Description	Functional routine to challenge the muscles in ways they are not used to being challenged to help improve your speed, agility and strength in team sports					
Safety Brief	Make sure that you warm up for at least 10 minutes - this program is designed to increase your heart rate and challenge the muscles, by getting them to work in different ways					
Duration	45 - 60 minutes					
Mobilisers	Knee raises	Touch toes and reach to ceiling	Shoulder rolls forward and backward	Arm circles		
The Workout	Session design			Methodology		
	Complete each set in the order below. Rest for 1 minute in between each set			This program is designed to improve your cardiovascular system as well as improve your coordination, strength and reaction times. If you are not familiar with an exercise, learn the movement first and then build up the speed of execution		
	Set	Exercise	Duration	Sets	Equipment	Direction
	1	Side steps	1 minute	3	Agility ladder	Side of ladder, step through, place one foot out opposite side, move up to next rung and repeat
		Alternating slams with side step	1 minute		Battle rope	Knees bent, begin slamming rope, as soon as a flow is established, keep slamming whilst stepping side to side
	2	Tyre / Plate flip	4 lengths of track	3	Type / Plate	Ensure back is kept neutral and the lift for the flip comes from the legs (if flip is too difficult, regress to farmers walk carry)
		Push and pull	4 lengths of track		Sled / Prowler	Perform each length as quickly as you can / Push sled down the track, then return to the start and pull the sled back towards you
	3	Lateral squat press	1 minute	3	ViPR	Lateral step into a squat position and thrust the ViPR forwards. Bring feet together with ViPR to chest and repeat the other side
		Reverse lunge with overhead press	1 minute		ViPR	Ensure 90 degree bend in front and back knee, push ViPR directly above head trying to get biceps in line with ears. Alternate legs
	4	Alternating side swings	1 minute	3	Kettlebell	Right arm swings kettlebell to the outside of the right knee, swing back up to centre, swap hands and repeat
Side slams		1 minute	Sandbell		Slam to left - swing to the right, overhead and slam down to the outside of the left foot. Repeat other side	
COOL DOWN	If working out very hard throughout these exercises, it is very important to steady the blood flow around the body before finishing the workout. This can be done on a treadmill, bike or cross trainer. Start with the intensity quite high and gradually slow the movement down controlling your breathing and decreasing your heart rate					
STRETCH	Chest, back, shoulders, tricep, bicep, quads, hamstrings, glutes and calves					
NOTES	If there are any exercises that you are unsure how to do in this program, please ask a member of staff for help. Also enquire to see if the club has links to sports teams who regularly use the club					