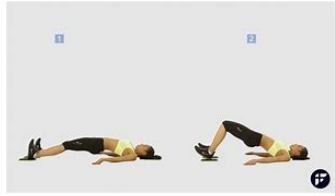






THE TOWEL

Exercise	Sets/Reps	Comments	example
Hamstring curl	4x10	<p>Drag heels towards you on towel to lift hips into hip bridge</p> <p>Return to starting position with legs/hips straight on ground</p>	
Lateral lunge	4x8-10 each leg	<p>Working leg on ground, other leg on towel</p> <p>(this leg remains straight and slides in/out)</p>	
Plank with alternating knee to chest (need 2 towels)	4x8 each leg	<p>Keep back flat, alternate sliding one knee towards chest with foot on towel, return to plank position and switch legs</p>	
Reverse lunge	4x8-10 each leg	<p>Leg on ground is working leg, leg on towel is sliding back and returning to start position</p>	
Floor angels	15	<p>Press hands into ground/on towel, slide up/down pressing into ground the whole time, keep back flat, only go as far as you can keep contact with ground and back flat</p>	 <p>bit.ly/3epRC8g</p>

INSTRUCTIONS

Complete each exercise in order, with no/minimal rest until all exercises are completed for 1 round. Rest a bit if needed (1-2 minutes) prior to the start of the next round.

1 round for younger teams and increase to a maximum of 4 rounds for high school teams.