

## **Strength & Conditioning – Power Workout**

Warming up:

1 min of each exercise with elastic band

- Squat walk 2 steps to the side and back (band above knees)
- Side walk straight leg (band around the ankle)
- Standing glute kickback L (band around the ankle)
- Standing glute kickback R (band around the ankle)
- Glute bridge (band above knees)
- Clam L (band above knees)
- Clam R (band above knees)
- Sumo squats (band above knees)
- Jump squats (band above knees)
- Jumping Jacks (band around the ankle)
- Donkey kicks L (no band)
- Donkey kicks R (no band)

Supersets 3 sets van alles

- 1 A: 10 Kettlebell seated press
- 1 B: 20 x single leg glute bridge (20 x L, 20x R)
  
- 2 A: 10 x Lunges barbell or heavy kettlebell (20 x L, 20x R)
- 2 B: 12 x Jump lunges
  
- 3 A: 10 x Dumbbell Fly
- 3 B: 10 x Push Ups
  
- 4 A: 10 x Split Squat (20 x L leg front, 20x R leg front)
- 4 B: 10 x Inch Worms

## **Finisher**

3 rounds

- 10 Burpees
- 30 sit ups
- 15 leg lifts