



Tabata Workout (interval training)

Players will do 45 seconds of work, with 15 seconds rest, completing 3 rounds of exercise before moving on to the next exercise.

Upper Body

Push-ups (3 sets)

Shoulder press with bands (3 sets)

Plank up downs (3 sets)

<https://youtu.be/L4oFJRDAU4Q>

1 minute rest

Lower Body

Walking lunge (3 sets)

Block jumps (3 sets)

* block jump, step on step to the right, block jump, step one step to the left, repeat for the durations of the time

Squats (3 sets)

Burpees (sets)

1 minute rest

Core

V- ups (3 sets)

<https://youtu.be/Z7BQY661ImQ>

Superman (3 sets)

<https://youtu.be/67rgxYNKbZY>

Russian twist (3 sets)

Coaches to find a timer, search TABATA timer on your phone, there are a ton of free ones you can download.