

# BUILD A BETTER WORKOUT

in four steps

**1**  
**STEP WARM UP**  
5-10 minutes recommended

**Things to include**  
Mobility • Dynamic Movements

**2**  
**STEP PREP AND POWER**  
5-10 minutes recommended

**Things to include**  
Explosive Movements: Jumps/Throws •  
Sport Movements • Games

**3**  
**STEP STRENGTH**  
20 minutes recommended

**Things to include**  
Main Movements: Squat, Hinge, Push,  
Pull, Core • Progressive Overload  
6-15 sets per muscle group per week  
6-15 rep range

**4**  
**STEP AEROBIC/CARDIO**  
10-20 minutes recommended

**Things to include**  
Distance • Time • Wattage/Power  
• Rounds completed

Building a workout is fully customizable to your comfort, ability, and needs. Consider including these four key focus areas to maximize your effort when building your workout.

## SAMPLE WORKOUT

<b>WARM UP</b>	Jumping Jacks, Hamstring Bridge, Lat Stretch, Cat Cow Inch Worm to World's Greatest Stretch
<b>PREP + POWER</b>	Upper: Plyo Push Up or Med Ball Throw • Lower: Vertical Jump or Pogos • 2-3 reps x 5
<b>STRENGTH</b>	A1: RDL 3x10 • A2: Push Up 3x10 • A3: Deadbug 3x5/side • B1: Split Squat 3x10/side • B2: Row 3x10 • B3: Side Plank 3x :20 seconds per side
<b>AEROBIC/CARDIO</b>	10 seconds on/20 seconds off: Alternate these movements: Run In Place, Beast Crawl(6-8 rounds)