

FOXY'S MINI-BAND WORKOUT

DONE 3 X WEEK – WILL REDUCE GROIN/QUAD/HAMSTRING/KNEE INJURIES

THE WARM UP

- BAND AROUND ANKLES – MOVE TO LEFT & RIGHT X 20 → RAISE HANDS ABOVE HEAD X 20
- LIE ON BACK – BAND AROUND ARCH – KNEES BENT - EXTEND LEFT LEG X 10 → EXTEND RIGHT LEG X 10
- LIE ON BACK – LEGS STRAIGHT – PULL BACK RIGHT LEG X 10 → LEFT LEG X 10 (KEEP HEELS PRESSED DOWN)
- BAND AROUND ARCH + HIP BRIDGE X 10 → LEFT LEG RAISED X 5 → RIGHT LEG RAISED X 5 (COUNT EVERY 3 SECS)
- PARTNER WORK – HANDS BETWEEN KNEES – SQUEEZE & HIP BRIDGE UP X 5 EACH (SQUEEZE BEFORE YOU RAISE HIPS)
- LIE ON BACK (NO BAND) – SINGLE LEG BRIDGE RIGHT/LEFT X 5 → CROSS LEGS OVER (CALF/KNEE) – RIGHT/LEFT X 5 → CROSS LEGS OVER + ROTATE UPPER LEG OUT – RIGHT/LEFT X 5
- TEAM WORK: 4 IN A 6' SQUARE – LATERALS + THUMBS BACK REACH X 6 RIGHT → X 6 LEFT (OTHER DIRECTION)

THE WORKOUT (DO ON OWN X 3 WEEK)

- LATERAL (FULL STEP + ¼ STEP) LEFT → RIGHT X 20 EACH
- FORWARDS → BACKWARDS X 20 EACH
- COWBOYS (BEND KNEES – KEEP BAND TIGHT) FORWARDS → BACKWARDS X 20 EACH
- CARIOCA'S LEFT → RIGHT X 20 EACH
- LUNGE (HANDS ON HIPS FOR STABILITY) - 10 IN 10SECS X 2 SETS
- LEG CIRCUIT (DONE IN UNDER 60 SECS) = BODYWEIGHT SQUATS X 20 → LUNGES X10 EACH LEG → SQUAT JUMPS X 20 - TIME IT !

1" BAND PARTNER-RESISTANCE (NEED INSTRUCTION HERE)

- (BAND AROUND HIPS) HIGH KNEE MARCH → SINGLE-LEG DRIVE → LATERAL MARCH → LATERAL LEG DRIVE (BOTH SIDES)
- (BAND ON SINGLE LEG) - PUSH OFF BACK LEG – KEEP BODY SQUARE) → LATERAL DRIVES → CARIOCA'S → SINGLE LEG DRIVE (BOTH SIDES)

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USSF "A" LICENSE – NSCAA PREMIER DIPLOMA – ENGLISH FA LICENSE

READY FOR MORE ? - SMALL GROUP TRAINING - CALL 520-371-3837

