

# AT HOME TRAINING

## EQUIPMENT NEEDS

VertiMax V8 or Raptor

Palm Straps - Waist Belt Or 360 Belt

## MOVEMENT PREP

### FOAM ROLL

Piriformis - Quads - IT Bands - Calves - Low Back - High Back - Lats

## CIRCUIT

Complete the full circuit of reps for each exercises. Repeat for 3 total rounds.

CIRCUIT 1	REPS	REST	DISTANCE
Seated Arm Swings Facing Away	10	40sec	
Seated Arm Swings Facing Towards	10	40sec	
High Knees In Place	10	40sec	
Ground Start Sprints With Walk Back	5	40sec	10 yards
Falling Start Sprints With Walk Back	5	40sec	10 yards
Vertical Jumps	10	40sec	
Frog Jumps	10	40sec	10 yards
		1min	

## CIRCUIT 2

Repeat Circuit 1

## CIRCUIT 3

Repeat Circuit 1