

WEEKLY WORKOUT (4/10 – 4/12/24)

WEDNESDAY – 4/10/24

2 Laps
EDD's
8x (Flying 30's)
6X (Wickets 30m)
4x10 Tricep Workout

THURSDAY 4/11/24

2 Laps
EDD's
4x Blocks (30m)
LJ, TJ (Drills)
4x 60 Parachute
4x 10 Squats
4x 10 Lunges

FRIDAY – 4/12/24

2 Laps
EDD's
6x 110 60%
4x (Wickets 40m)
LJ, TJ (Jumps)
4x 10 Dumbell Curls
4x 10 Push-ups