

Heat

(Minimal rest between exercises)

- [Pole Shoulder Dislocates](#) x 1 set x 10 reps
- [Pole Hip Circles](#) x 1 set x 10 reps each way
- [Pole Behind-the-Neck Press](#) x 1 set x 10 reps
- [Pole Trunk Circles](#) x 1 set x 5 reps each way
- [Pole Torso Rotation Bounces](#) x 1 set x 10 reps each way
- [Pole Good Morning](#) x 1 set x 10 reps
- [Pole Good Morning Spine Rolls](#) x 1 set x 10 reps
- [Pole Good Morning Torso Rotation](#) x 1 set x 10 reps
- [Pole Forward/Backward Leg Swings](#) x 1 set x 12-15 reps each leg
- [Pole Side Leg Swings](#) x 1 set x 12-15 reps each side
- [Pole Rotation Leg Swings](#) x 1 set x 12-15 reps each side
- [Pole Split Hops](#) x 2 sets x 10-seconds
- [Pole Lateral Skater Hops](#) x 2 sets x 10-seconds
- [Pole Hip Rotation Hops](#) x 1 set x 10-seconds each side

Activate

(Rest as needed between exercises)

- [Pole Squat](#) x 1 sets x 10 reps
- [Pole Forward Lunge](#) x 1 set x 5 reps each leg
- [Pole Y Raise](#) x 1 set x 10 reps
- [Pole Lateral Squat](#) x 1 set x 5 reps each side
- [Pole Alternating Lateral Lunge](#) x 1 set x 5 reps each leg
- [Pole T Raise](#) x 1 set x 10 reps
- [Pole Skater Squat](#) x 1 set x 5 reps each leg

Rest 2-3-minutes

Prime

(Rest 30-seconds between sets & exercises)

- [Pole Jumps](#) x 2 sets x 5 reps 90
- [Pole Lateral Jumps](#) x 2 sets x 3 reps each side 90
- [Pole Explosive Tricep Extension](#) x 2 sets x 5 reps 90
- [Lateral Bound](#) x 2 sets x 3 reps each side 90

Rest 5-minutes

GO!!!