General Conditioning for a Middle or High School Athlete

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Dynamic Warm-Up
Rear lunge with knee-up
Jump rope

Stretching
Yoga downward dog
Yoga pyramid

Body Weight Strength
Body weight squats
Push-ups
Forward planks
Lateral planks/thread the needle
Mountain climbers
Pull-ups
Core stability
Core push-ups to leg tap

Power and Directional Agility
Burpees
Forward sprint
Running form drills
Lateral movement
Tuck jumps
180 degree turn jumps
Forward bounding
Lateral bounding

Energy System Development
Burpees
Hill sprints race