

WINTER FITNESS COMBINE TRAINING WEEK 8 SCHEDULE



Set a goal to check off at least 5 tasks a day this week

T A S K S

M T W T F S

Drink 5 glasses of water a day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Take 20 minute brisk walk

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Stretch- before working out

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3 sets Lane slides 60 seconds each

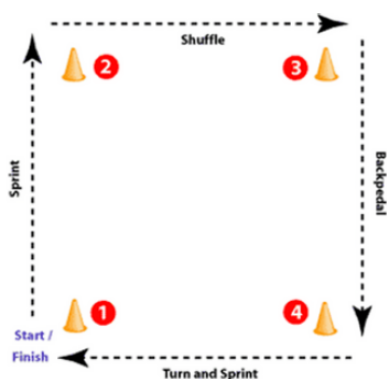
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3 sets Wall Sit - How long can you hold the pose?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Post a photo or video of you on SONE Facebook/Instagram and tag it #StrongerEveryday

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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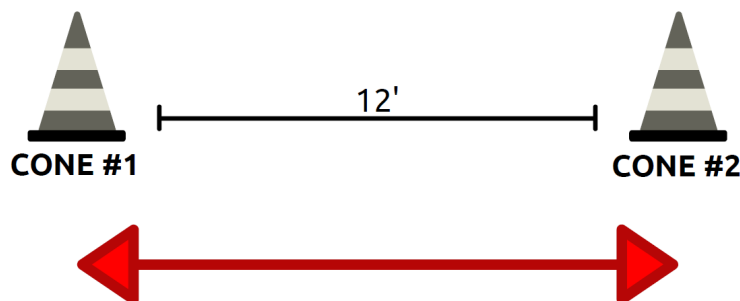


Knee to Chest: hold for 15 seconds on each leg.

- Lie on your back with your legs straight.
- Bring your right knee toward your chest.
- Wrap your hands underneath your knee.
- Pull your leg closer to your body until you feel a stretch in the back of your right thigh.
- Repeat the stretch on your left leg.



SCORING: Coaches should count the number of times an athlete returns to Cone #1. For example, an athlete shuffles from Cone #1 to Cone #2 and Cone #2 to Cone #1 = 1 point. Record the total number of points in one minute.



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