



WELLSPORT

Celtic Cowboys- Foundations Workout 1

Warm-Up Exercise	Reps	Sets
World's Greatest Stretch	10 Rotations	2
Deadbug	12 kicks each leg	2
Kneeling hip flexor stretch	30 secs each side	2
Air Squat	15	2

Exercise Group 1	Reps	Sets	Hold
Plank	30-45 secs	2-3	
Heel Raise	15	2-3	Pause @ top
Bridge	12	2-3	3 sec hold @ top

Exercise Group 2	Reps	Sets	Hold
Side-lying Hip Abduction	12	2-3	
Hip thrust	12	2-3	
Split squat	10-12	2-3	

Finisher	Reps	Sets	Hold
Wall Jumps	30 secs	3	30s/ rest 30s

Notes:



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Celtic Cowboys- Foundations Workout 2

Warm-Up Exercise	Reps	Sets
World's Greatest Stretch	10 Rotations	2
Deadbug	12 kicks each leg	2
Birddog	10 kicks	2
Air Squat	15	2

Exercise Group 1	Reps	Sets	Hold
Clamshell	12	2-3	
Star Taps	10 taps each direction	2-3	
Wall knee driver	10-12	2-3	

Exercise Group 2	Reps	Sets	Hold
Leg Lowering	20 secs	2-3	
Sidestepping w/ band	30 secs	2-3	30 secs
Bridge	12	2-3	3 sec hold @ top

Finisher	Reps	Sets	Hold
Wall Jumps	30 secs	3	30s/ rest 30s

Notes: