

# LoadXplode High Threshold Five

Exercise	Focus	Cues
Lunge Matrix	Neuro Warm Up	Forward/Side/Back in 1 continuous motion
180 Medball Jumps	Decel Training	Level 1 short arms/Level 2 long arms
Cotralateral Reach	Pelvic Control	Reach opposite arm/Bend knee to get low!
Push Up Shoulder Taps	Anti-Rotation	No lateral movement or rotation
Straight Arm Archer Turns	T-Spine Rotation	Stable lower body/Quality turn
Single Leg Deadlift Pulls	P & S Control	Pelvis parallel to floor/Scaps back
Skipping HIIT (30sec X 2)	Metabolic	High Knees/Skiers as fast as you can!