

LoadXplode High Threshold 6

Exercise	Reps	Cues
Squat to Hollow	6 reps	Sit into deep squat/Jump to hollow/Uniform curvature
Dissociation Twists	30sec or 20 reps	Upper body stays square/Lower body & feet twist 90 degrees
1/2 Kneeling Side Bends	6 reps/direction	Start with hip dominant then move to spine dominant
Cross Body Lateral Bounds	6 reps	LoadXplode!/Load hip/Use upper body like a speed skater
Around the World Push Up	2-3 Cycles	Lift a limb put it down then push up/No weight shift
D2 Reverse Lunge	6 reps/side	Hand in opp hip/Lift across body & up while you lunge
1/2 Get Up	6 reps/side	Keep your eye on your hand/Be fluid & flow with stability
Skipping	30sec x2	Start with forward backs then twisters/Count & record score

