

PARISI SPEED SCHOOL
WARM-UP DRILLS

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| 1. Body weight squats | x10 |
| 2. Jumping jacks | x10 |
| 3. Seal jacks | x10 |
| 4. Flings | x10 |

Repeat 2-3x thru

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|--------------------|--------------------------------------|
| 1. Low pogo jumps | x15 sec, or 50 jumps |
| 2. High pogo jumps | x10 jumps, stick landing on last one |
| 3. Wideouts | x15 secs follow with 15 second hold |
| 4. Gate swings | x10 follow with 10 second hold |

Repeat 1-2x thru

Hip Activation Series

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|--------------------------|-----------------------------------|
| - straight leg raises | x10 ea leg |
| - bent knee hip lifts | x10 double leg |
| - single leg hip lifts | x10 ea leg |
| - side leg lift | x10 ea leg |
| - bottom side leg lift | x10 ea leg |
| - alternating supermen | x 10 ea side |
| - supermen | x10, followed with 10 second hold |
| - fire hydrants | x10 ea side |
| - forward hip circles | x10 |
| - backward hip circles | x10 |
| - side straight leg lift | x10 |
| - back straight leg lift | x10 |
| - prone hurdlers | x10 ea side |
| - scorpions | x5 ea side (alternate) |
| - iron cross | x5 ea side (alternate) |
| - roll ups | x3 times thru |

Dynamic Series

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|-------------------------|----------------------|
| - walking lunge w/ arms | - side walking lunge |
| - marching skips | - side shuffles |
| - backwards run | - side run |

