

20 Minute Agility & Mobility Sports Workout

Description: This full body strength and cardio workout is designed to focus on muscular and cardiovascular endurance by targeting muscle groups that are responsible for optimizing agility, mobility, and coordination. This is a great workout for sports such as soccer, field hockey, lacrosse, and MORE!

Club Area: 360 Functional Training

Equipment Needed: Medicine Ball, TRX Straps (on Synergy 360)

Judgement Free Tip: Mind to Muscle connection is a very real thing and can help you build confidence in ensuring you're performing an exercise correctly.



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Standing Toe Touches
2. Windmills
3. Fast Feet
4. Jumping Jacks

Main Workout (40:20 x 2)

Do each exercise for 40 seconds and rest for 20 seconds. Go straight to the next exercise in the circuit repeating the same work to rest (40:20) ratio until you've completed all 4 exercises. Then, repeat the entire circuit again (2x).

TRX Circuit

- TRX Chest Press
 - + **Modification** - Walk your feet further away from the anchor point to reduce intensity of the exercise
- TRX Squat
 - + **Modification** - Shorten your range of motion
- TRX Skaters
 - + **Modification** - Take out the jump and just step out to the side
- TRX Alternating Sprinter
 - + **Modification** - Slow the pace and make it more of a march than a sprint

Medicine Ball Circuit

- Medicine Ball Low to High Chops
 - + **Modification** - Stay in the upright position instead of going into a lunge
- Medicine Ball Alternating Lunge with Rotation
 - + **Modification** - Perform a standing trunk twists without the lunge
- Medicine Ball Toe Taps
 - + **Modification** - Slow your pace and focus on hip mobility instead of speed
- Medicine Ball Mountain Climbers
 - + **Modification** - Perform a slower pace without the ball and palms flat on the ground

Bodyweight Circuit

- Heisman
 - + **Modification** - Shorten the distance you travel laterally
 - Lateral Hops
 - + **Modification** - Step out to the side instead of bounding
 - Modified Inchworm
 - + **Modification** - Minimize your range of motion, but keep your core engaged
 - Bird Dog
 - + **Modification** - Do one side at a time instead of alternating
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Cool-down/30 sec each

1. Huggers
2. Standing Hamstring Stretch
3. Standing Quad Stretch
4. Childs Pose

