



PHASE 2: ARM FOCUSED WARM UP

Mini Water Ball Routine:

1. Arm Circles
2. 90/90's
3. Kneeling Straight Arm Forward Dribbles
4. Kneeling Straight Arm Side Dribbles
5. Kneeling 90 IR/ER Dribbles

Jaeger Band Routine:

1. Forward Fly w/ OH Raise
2. Reverse Fly w/ OH Raise
3. Reverse Y's
4. Overhead Tricep Extensions
5. Pronation & Supination Curls
6. Pull Aparts

2 LB Plyo Ball Routine:

1. Reverse Partner Catches & Throws
2. Standing 90's
3. Laying Down 90's