



Kyle Harrison

Warmup #1		Sets	Dist	%	Rest
Ready	Fwd/Bwd Skip	2	20y	50%	15s
	Fwd Lunge	1	10y	50%	15s
	Side Lunge	1	10y	50%	15s
	X-Over Lunge w/ Pivot	1	10y	50%	15s
	Reverse Lunge Reach	1	10y	50%	15s
	Rhythmic Stab	2	10s+	75%	15s

Prep		Sets	Reps	%	Rest
Aim	Power Skip	2	20y	90%	45s
	MB Barrel Toss	2	6	90%	1m
	MB Drop + Jump	2	6	90%	1m
	CM Hip Pivot MB Side Toss	4	5e	90%	1m
	Fwd/Bwd Trust Falls	3	5e	50%	30s

360° Speed		Sets	Reps	%	Rest
Fire-1	Clock Drill	4	10s	90%	2m
	Angle Run COD + Dodge	4	4	90%	90s
	Lateral Drift COD React	5	4	90%	60s

Conditioning		Sets	Reps	%	Rest
Fire-2	ZoneReady Conditioning	1	8m	vary	NA

Cooldown #1		Sets	Hold	%	Rest
Clear	MB Around the World	1	10e	3kg	0
	X-Over Hamstring	1e	30s	NA	0
	On Back Fig 4	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Rollout	1e	30s/e	BW	0

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