



Memo

Date: March 31, 2020

To: SPDSA Phoenix Membership

From: SPDSA Staff

Good morning

We have been working with the Bridge and having them provide work out sessions for our Phoenix players, so they can stay active during this social distancing time. Below is a message from the Bridge as well as links to the sessions. The links will take you to a password protected page. **The username is: Phoenix and password is: Phoenix** Each week, a new set of workout sessions will be posted. If you happen to misplace this email, you can access the sessions from the home page of our website and then click on the Phoenix tab, and then *Bridge Sessions*, which will then take you to the login page.

Stay healthy everyone!

Hello Phoenix Athletes!

We understand how challenging the last weeks have been. With so much uncertainty, continuous changes and social distancing it has made keeping fit and tuned into your craft difficult. The Bridge wants to support you from a distance with TRAIN FROM HOME WITH THE BRIDGE. Every week you will have access to two workouts! You can complete the workouts as many times during the week as you wish. Every Sunday night you will be emailed the next week of workouts.

How to Follow the Workout

Look for whatever DAY you're on and follow the series of exercises DOWN the column. The circuits cross over three full pages and you should see all of the following or similar headings:

- DYNAMIC WARM-UP
- PILLAR PREP
- COMPLEX 1
- COMPLEX 2
- REGENERATION

The Complexes are designed to run circuit style. Under each heading there will be a list of exercises. Complete one exercise, then the next, then the next. Once you have completed all the exercises in that series return to the beginning of the Complex. The number of times you should complete the exercises is found under REPS. The number of times you should complete the circuit (SETS) is determined by the number rows you see under the exercise. Typically, it will be 3 sets.

Equipment

There is NO equipment required to complete these workouts however if you have weights, exercise bands and other equipment feel free to add when necessary.

- Dumb bells
- Weight Plates
- Loops or exercise bands
- 2/4 L Milk Jugs
- Laundry Detergent Bottles
- Cans of tomatoes
- Be creative

Support

Included in the package is a PDF containing pictures of all the exercises. While training at The Bridge you will have seen many of these exercises or similar versions. It is incredibly important that you constantly check your form and maintain focus while you are completing the workout.

WEEK 1 DAY 1

WEEK 1 DAY 2

WEEK 1 WORKOUTS