

CBA U18 Outdoor Training—Edworthy Park

Tuesday, June 8, 2021

Warm-up (video): <https://www.youtube.com/watch?v=bQQwsUsTrbY>

Ladder (video): <https://www.youtube.com/watch?v=2Ov8NiH-gew>

Endurance (video): <https://www.youtube.com/watch?v=wYQKJ8eMvjg>

Core (video): <https://www.youtube.com/watch?v=dvtZm-eM5Ag>