

Zoom Workout



Our training session on Thursday, June 18 was our 21st and final training session of the season without being in the gym—training will now resume when we begin on-court practices next week—AHS Stage 2.



Ava & Tessa arrive early to warm-up.



Janelle had to join in as well.

Warm-up no. 1: <https://www.youtube.com/watch?v=lyO5l-v9goo>

Warm-up no. 2: https://www.youtube.com/watch?v=BKvm3rga_mU

Ladder Training: <https://www.youtube.com/watch?v=vMJ59vuXWF4>

Creative Cardio no. 1: <https://www.youtube.com/watch?v=ZlfpfR2LBmk>

- Carley nails Sarah with a water balloon

Creative Cardio no. 2: https://www.youtube.com/watch?v=PQu_cUccul0

Creative Cardio no. 3: <https://www.youtube.com/watch?v=qVnIcwEe6pc>

- Tessa nails Abbey with a water balloon

Spike Ball / Carley-Nisha vs. Abbey-Sarah: <https://www.youtube.com/watch?v=adB8YU0hDw4>

Spike Ball / Ava-Tessa vs. Abbey-Sarah: <https://www.youtube.com/watch?v=wuPQnx-Qw74>

Spike Ball / Abbey-Sarah vs. Janelle-Mark: <https://www.youtube.com/watch?v=HfoGIjZbPo8>

- Janelle & Mark shoulda won!

*Tough Times
Don't Last*