

# Field athlete PERFORMANCE HAK PROGRAM

1	<b>Forward Jog</b> <ul style="list-style-type: none"><li>• 30secs</li></ul>	11	<b>6-point Push Up</b> <ul style="list-style-type: none"><li>• 15 reps</li></ul>
2	<b>Side Step</b> <ul style="list-style-type: none"><li>• 15secs</li></ul>	12	<b>Lateral Core</b> <ul style="list-style-type: none"><li>• 5 of each movement, on each side</li></ul>
3	<b>Vine Leaf</b> <ul style="list-style-type: none"><li>• 15secs</li></ul>	13	<b>Walking Lunges</b> <ul style="list-style-type: none"><li>• 8 on each leg</li></ul>
4	<b>Backward Running</b> <ul style="list-style-type: none"><li>• 30secs</li></ul>	14	<b>Skater Lunges</b> <ul style="list-style-type: none"><li>• 10m</li></ul>
5	<b>Straight Leg March</b> <ul style="list-style-type: none"><li>• 10m</li></ul>	15	<b>Scissor Jumps</b> <ul style="list-style-type: none"><li>• 8 on each leg</li></ul>
6	<b>Straight Leg Spring Run</b> <ul style="list-style-type: none"><li>• 10m</li></ul>	16	<b>A-Skip</b> <ul style="list-style-type: none"><li>• 2 x 10m</li></ul>
7	<b>Hip Hurdles</b> <ul style="list-style-type: none"><li>• 10m</li></ul>	17	<b>Line Hops</b> <ul style="list-style-type: none"><li>• 10m on each leg</li></ul>
8	<b>Crouched Bear Walks</b> <ul style="list-style-type: none"><li>• 30secs</li></ul>	18	<b>Bounding</b> <ul style="list-style-type: none"><li>• 4 high bounds, 4 bounds for distance, on each leg</li></ul>
9	<b>Arabesque/Single Leg Squat</b> <ul style="list-style-type: none"><li>• 5 on each leg</li></ul>	19	<b>Box Run</b> <ul style="list-style-type: none"><li>• 3 laps in each direction</li></ul>
10	<b>Hip Rotations</b> <ul style="list-style-type: none"><li>• 5 on each leg</li></ul>	20	<b>Cutting</b> <ul style="list-style-type: none"><li>• Cut every 5m for 50m</li></ul>

	Warm up
	Balance and Core
	Lunge and Plyometrics
	Running