

ROUTINE FOR LEVEL ½ AND ¾ (with modifications)

THEME: Criss-Cross Applesauce
Crossing midline (works both hemispheres of the brain)
Coordination
Cardio
Voice
Balance
Strength (squat/lunges)
Cognitive

- You will incorporate other exercises to address all symptoms but CCA is our main focus.
- By weaving the CCA theme throughout the routine from the beginning, fighters will have the opportunity to correctly learn the exercise BEFORE adding resistance or balance challenges AND conquer the challenge thanks to repetition!
- This routine can be done with the entire group, as a circuit, ½ and ½ ...many options.

MICRO-WARMUP:

*Make sure the moves you do support what you will do in each section

*Seated or standing posture (feet under hips, soft knees, head over shoulders, blades slightly pinched)

ROUTINE:

- Breathe in/out 2-3x
- Head up/down 3-5x
- Head left/right
- Ear to shoulder (cue pain free range)
- Shoulders up/down 3-5x
- Shoulder blade pinch
 - Combine shoulder up/down, pinch (shoulder rolls basically but point out each phase)
- Fine motor fist pump drill (5x front, 5x over head, 5x "t" arms, 5x down by side)
 - Fine motor fist pump cognitive drill (1x in each direction...do several times)
 - Repeat and have fighters say direction of hands as they perform it
- Boxer arms

- Mid body-Crossbody reach (begin to rotate hips to head)
- High- Crossbody reach (add a fist pump and focus on body shifting weight)
- Low- Crossbody reach (be aware of spinal issues and give modifications)
- Gong
- Supported deadlift
(cue shoulder blades engaged, eyes lifted, back flat, slide hands to knees.
 - MODIFICATION- Butt squeeze)
- 10x Alternating straight leg kicks, aka:Frankensteins (cue straight legs, toes to nose, tall posture)
- 10x Alternating abduction kicks (kick or step leg out to side)
- 10x Butt kicks (focusing on weight shifting)
- 5x Heel lifts- THEN..HOLD #5 for 5 secs **THEN** lean forward on toes and hold for 3 sec
- 5x Toe lift- THEN...HOLD for 3-5 sec
- Body Circles (feet wide for safer movement, cue to notice how body weight shifts)

DONE!

SEAMLESSLY TRANSITION INTO THE DYNAMIC WARM-UP

DYNAMIC WARM-UP

- 1- Learn moves/give visual and verbal cues
- 2- Improve
- 3- Conquer

ROUTINE:

- March (in place) swing arms (share that you are moving in to dynamic warm-up)
- 10x Rainbows (cue long arms, eyes up, arms go all the way down to side)
- 5x Criss-Cross AppleSauce (CCA) with squat
*CUE at the end of #5 the next exercise
- 10x Bird Dog march (lift opposite arm/leg)
- 5x CCA with knee lift
*CUE at the end of #5 the next exercise

- 10x (alternating legs) forward step and reach both arms forward THEN step back and “Row” arms (pinch blades and keep shoulders down)
- 5x CCA with Forward step
*CUE at the end of #5 the next exercise
- 10x (alternating sides) Diagonal Step/Lunge with “T” arms
- 5x CCA with Diagonal step
*CUE at the end of #5 the next exercise
- 10x Alternating half-jacks (focus on weight shift and push off to get back to center)
- 10x Regular Jacks (step or jump)
- 5x CCA-lateral step
*CUE at the end of #5 the next exercise
- 10x (alternating legs) Reverse Lunge/toe tap back with “V” arms
- 5x CCA-Reverse Lunge
- March/jog in place and pump arms
*** IF REPEATING...Prep to repeat and give goals for the 2nd/3rd round
***IF MOVING ON...have them walk in place or speed bag arms to keep focus and Heart pumping

TIPS FOR STRENGTH EXERCISES

1. Weights, therapy bands or tubes, foam pads(OPTIONAL)
2. New Fighters need to learn how to do the exercises properly before adding resistance. That may mean they do it without equipment in several classes. **Know your system!*
3. Give precise cues and demonstrate what you do NOT want to see. This is also a good way to train/remind your coaches of what to look for.
4. TIPS FOR TEACHING “V” arms EXERCISE
 - a. Start with arms down by side.
 - b. Cue to turn thumbs out 45 degrees
 - c. With thumbs up/pinkies down, lift straight arms up to shoulder height
 - d. Keep elbows straight and lift from shoulders NOT biceps creating a “V”
 - e. Cue to keep movement smooth and steady. NO THROWING arm

5. TIPS FOR USING EXERCISE BANDS!!! (for this specific exercise)
 - a. band/tube with palms up (option- wrap around bag/ballet bar)
 - b. Tube MUST remain a straight line the entire time
 - c. Shoulder issues perform exercise at a lower position
 - d. Elbows not completely locked but a slight bend is ok
 - e. Focus on “opening the arms” with shoulder blades not biceps
 - f. If fighter begins to dip chin or scrunch shoulders to they need to sto)
6. TIPS FOR EXERCISE BANDS APPLIES TO THIS EXERCISE TOO!!
 - a. Can place exercise tube around bags or ballet bar
 - b. May need to split the exercise and just do lower body then upper body
7. The following strength exercises build off the dynamic warm-up.

WORK PHASE:

- (Weights/foam pad (option to stand on pad)- squat/curl (modifications for squat- is straight leg kick Or alternating forward step)
- (Weights/foam pad)- Forward Lunge/step with overhead press
 - Option #1- (no pad) Place one foot in front of the other (split-stance) and maintain that position until time to switch legs.
 - Option #2 (no pad) Alternating forward step/lunge/overhead press
 - Option #3 (Pad) Alternating forward step/lunge onto pad/overhead press
- (Bands/foam pad) Diagonal Lunge/step with “T” arms
 - Option #1- (no pad) diagonal step or lunge/”T” arms
 - Option #2- (pad) (Do Right Leg 10-15x then switch legs)
- (Band to go around knees, tube or therapy band)- Abduction step/”row”
 - Option #1- Rows only- focus on shoulder blades pinching .
 - No shoulder blade pinch means they are not engaging their back muscles.
 - Keep elbows close to ribs when pulling and shoulders down
 - THEN...do the abduction exercise with a band around knees.
 - Option #2- Rows AND abduction kick (kick leg out to side)
 - Option #3- Rows AND a ½ Jack step
 - Option #4- (band around knees) Row/Abduction kick or step

- (Weights-5 lbs or less/foam pad) Reverse toe tap/lunge and “V” arms
 - **TIPS FOR “V” Exercise apply with weights ONLY if form is good w/o weights**
 - Option #1- Do just the “V” THEN the Reverse toe tap or lunge
 - Option #2- Do “V”/toe tap behind at the same time
 - Option #3- Do “V”/Reverse Lunge
 - Option #4- Any option above with the foam pad

BOXING

- JC pyramid to get started and focus on boxing technique
- JCJ- CCA-squat (if it is too much for them cognitively then have them march in place and tap hand to opposite knee)
- 5x DBL ↑↑↓↓(2 punches at the same time high on the bag and 2 punches at the same THEN CCA-knees up (OR...heel lift only)
- R-LH-R-CCA-lateral step
- (Left leg in front. aka-split stance)
 - 2cuts/2 ski steps or jump
 - 4 cuts/ 4 ski steps or jumps
 - 6 cuts/6 ski steps or jumps
 - 8 cuts/8 ski steps or jumps
 - 10 cuts/10 ski steps or jumps
 - REPEAT IN REVERSE

STRETCH TIME!

*Either in a chair or on their back on the floor! NO 1980's stretching!