FSTR Strength / Dryland

**Five components of physical fitness**

* Muscular strength
* Muscular endurance
* Cardio endurance
* Agility
* Flexibility

Muscular strength - weight / power lifting, calisthenics, plyometrics, pull-ups, etc.

Lower repetitions- higher weight / intensity

Muscular endurance - long distance running, bicycling, plank holding, body weight squats, lunges, push-ups, crunches, hang from bar,

Higher repetitions- lower weight / intensity

Cardiovascular endurance - jumping, running, mtn climbers, skips, cycling, jump rope, dancing, jumping jack, high knees (run in place), stairs, etc.

Higher repetitions- lower weight / intensity

Agility - the ability to change directions quickly.

Fast feet, lateral lunges / jumps, swim start jumps, box jumps.

Flexibility - this component should be utilized before and after each training session. Flexibility is extremely important for range of motion as well as recovery.

Shoulder flexibility

Hip, knee, ankle flexibility.

Arm rotations / circles - increase synovial fluid in joints.

Diet, hydration, and SLEEP are extremely important for an athlete who wishes to train and perform at their highest level.

**Example dryland / strength workout:**

* 5–10-minute flexibility
* 5–10-minute cardio run / cycle
* 3-8x rounds of
* 15 push-ups
* 20 squats
* 10 burpees
* 30-45 second vertical hang
* 1 min rest then repeat.
* 5–10-minute flexibility