




# TRAIN TO MOVE



## PREPARE FOR POWER TRAINING

**Equipment:** Cybex Bravo  
**Total Time:** Approx. 30-45 mins.



### BLOCK 1: HIP FOCUSED

Equipment	Exercise	Description	Duration
Bravo 	Lateral Shuffles	Right-left	2x 30 sec
Bravo 	Lateral Bounds	Right-left	2x 20 sec
Bravo 	Forward Hops	Away from Bravo	2x 8 reps



### BLOCK 2: TOTAL BODY FOCUSED

Equipment	Exercise	Description	Duration
Bravo 	Squat to Press	Squat down – press up	3x 10 reps
Bravo 	High Pull Snatch	Start at knees – finish overhead	3x 10 reps

### BLOCK 3: LOWER BODY FOCUSED

Equipment	Exercise	Description	Duration
Bravo 	Jump Squat Vertical	Handles low	2x 8 reps
Bravo 	Jump Squat	Away from Bravo	2x 8 repsz

### BLOCK 4: CORE FOCUSED

Equipment	Exercise	Description	Duration
Bravo 	Standing Chop	High-low	2x 12 reps
Bravo 	Horizontal Rotation	Right-left	2x 12 reps

**RESTS**  
 (unless stated otherwise)

**Between sets or intervals:**  
 rest for 30 sec. to 1 min. – but maintain momentum

**Between exercises:**  
 rest less than 1 min.

**Between blocks:**  
 rest for approx. 2 min.