



Coach Bennie Wylie Jr.'s **SIGNATURE VERSA LOOP WARM-UP**

THE WORKOUT

Loops 1" above knees

1. Lateral steps for 20 sec or 10 meters
2. Monster walk for 20 sec or 10 meters
3. Backwards walk for 20 sec or 10 meters
4. **Repeat**
5. 3 plane Shoulder Iso for 20 sec
6. 3 plane Shoulder Iso for 20 sec
7. 3 plane Shoulder Iso for 20 sec

Loops 1" above ankles

1. Lateral steps for 20 sec or 10 meters
2. Monster walk for 20 sec or 10 meters
3. Backwards walk for 20 sec or 10 meters
4. **Repeat**
5. 3 plane latissimus row for 20 sec or 10 Rep
6. 3 plane latissimus row for 20 sec or 10 Rep
7. 3 plane latissimus row for 20 sec or 10 Rep
8. Speed skaters for 20 sec or 10 Reps each
9. Leg raises for 20 sec or 10 Rep
10. Leg curl isometric holds for 20 sec each

Loops on wrists

1. Wide push-ups for 20 sec or 10 Rep
2. Tight push-ups for 20 sec or 10 Rep
3. Regular push-ups for 20 sec or 10 Rep
4. Shoulder matrix for 20 sec or 10 Rep