

Workout
Station & Groups

Wilkie Strength & Conditioning Map



Google

Station 1
Plyometric Boxes

Wilkie
Strength &
Conditioning
Stations

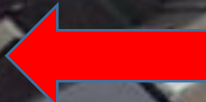
Station 2
Cone Drills & Ladder Drills

Water Station

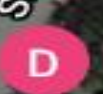
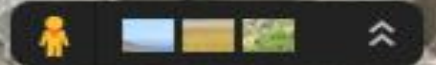
Station 3
Weight Room
Coach McCarry S&C Exercises
Pull up/Push Up on Bars
Single Leg Squats
Pop Up Squats
High Hip Bucks
Side Lateral Raises

Station 4
Hill Conditioning

Weight Room



Google



Willkie Stretch Lines/Dynamic Stretching

8 Lines of 10 Divided in Half

