

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	8			1
Hang Clean	6	5	5	5	1
Med Ball Push-Up	10	10	10		1
Explosive MB Bench	8	8	8		1
Front Squat	8	8	8		1
DB Row	8	8	8		1
Med Ball Russian Twists	12	12			1
Tricep Pushdown	10	10	10		1
Physioball Jackknife	15	15	15		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8			1	
Split-Squat Jumps	8	8			1	
Mountain Climbers	8	8			1	
Broad Jumps	8	8			1	
Single Arm DB Snatch	6	5	5	5	1	
DB Side Lunge	8	8	8		1	
Physioball Hamstring Curl	8	8	8		1	
DB Incline	8	8	8		1	
DB Front Lat and Rear Delt Raise	12	12			1	
Towel Pullup	10	10	10		1	
Explosive MB Rotational Throw	15	15	15		1	
Rollouts	10	10	10		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	8			1
Hang Snatch	6	5	5	5	1
Squat	10	10	10		1
Box Jump	8	8	8		1
Incline Bench	8	8	8		1
MB Push-Up	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Weighted Dips	8	8	8		1
Back Hypers	15	15	15		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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<b>Warm-Up:</b>					
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	6	6		1
Hang Clean	5	4	4	4	1
Med Ball Push-Up	8	8	8		1
Explosive MB Bench	6	6	6		1
Front Squat	6	6	6		1
DB Row	8	8	8		1
Med Ball Russian Twists	12	12			1
Tricep Pushdown	10	10	10		1
Physioball Jackknife	15	15	15		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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<b>Warm-Up:</b>						
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Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8			1	
Split-Squat Jumps	8	8			1	
Mountain Climbers	8	6	6		1	
Broad Jumps	8	6	6		1	
Single Arm DB Snatch	5	4	4	4	1	
DB Side Lunge	6	6	6		1	
Physioball Hamstring Curl	6	6	6		1	
DB Incline	8	8	8		1	
DB Front Lat and Rear Delt Raise	12	12			1	
Towel Pullup	10	10	10		1	
Explosive MB Rotational Throw	15	15	15		1	
Rollouts	10	10	10		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

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<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	6	6		1
Hang Snatch	5	4	4	4	1
Squat	8	8	8		1
Box Jump	6	6	6		1
Incline Bench	6	6	6		1
MB Push-Up	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Weighted Dips	8	8	8		1
Back Hypers	15	15	15		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	6	6		1
Hang Clean	5	4	4	3	1
Med Ball Push-Up	6	6	6	6	1
Explosive MB Bench	5	5	5		1
Front Squat	5	5	5	5	1
DB Row	8	8	8		1
Med Ball Russian Twists	12	12			1
Tricep Pushdown	10	10	10		1
Physioball Jackknife	18	18	18		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8			1	
Split-Squat Jumps	8	8			1	
Mountain Climbers	8	6	6		1	
Broad Jumps	8	6	6		1	
Single Arm DB Snatch	5	4	4	3	1	
DB Side Lunge	5	5	5		1	
Physioball Hamstring Curl	5	5	5	5	1	
DB Incline	8	8	8		1	
DB Front Lat and Rear Delt Raise	12	12			1	
Towel Pullup	10	10	10		1	
Explosive MB Rotational Throw	18	18	18		1	
Rollouts	10	10	10		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

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<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	6	6		1
Hang Snatch	5	4	4	3	1
Squat	6	6	6	6	1
Box Jump	5	5	5		1
Incline Bench	5	5	5	5	1
MB Push-Up	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Weighted Dips	8	8	8		1
Back Hypers	18	18	18		1
Overhead MB Slams	10	10	10		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	6	6	6		0.5
Jump Squat	6	6	6		0.5
Explosive Overhead MB Throw	6	6	6		0.5
Hang Clean	5	4	3	3	0.5
Med Ball Push-Up	5	5	5	5	0.5
Explosive MB Bench	5	5	5		0.5
Front Squat	4	4	4	4	0.5
DB Row	8	8	8		0.5
Med Ball Russian Twists	12	12			0.5
Tricep Pushdown	8	8	8		0.5
Physioball Jackknife	18	18	18		0.5
Overhead MB Slams	12	12	12		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	6	6	6			0.5
Split-Squat Jumps	6	6	6			0.5
Mountain Climbers	6	6	6			0.5
Broad Jumps	6	6	6			0.5
Single Arm DB Snatch	5	4	3	3		0.5
DB Side Lunge	5	5	5			0.5
Physioball Hamstring Curl	4	4	4	4		0.5
DB Incline	8	8	8			0.5
DB Front Lat and Rear Delt Raise	12	12				0.5
Towel Pullup	8	8	8			0.5
Explosive MB Rotational Throw	18	18	18			0.5
Rollouts	12	12	12			0.5
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
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Calf Stretch	30 sec.					

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<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	6	6	6		0.5
Broad Jumps	6	6	6		0.5
Lateral Box Jump	6	6	6		0.5
Hang Snatch	5	4	3	3	0.5
Squat	5	5	5	5	0.5
Box Jump	5	5	5		0.5
Incline Bench	4	4	4	4	0.5
MB Push-Up	8	8	8		0.5
Med Ball Russian Twists	10	10	10		0.5
Weighted Dips	6	6	6		0.5
Back Hypers	18	18	18		0.5
Overhead MB Slams	12	12	12		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	6	6	6		1
Jump Squat	6	6	6		1
Explosive Overhead MB Throw	6	6	6		1
Hang Clean	5	4	3	3	1
Med Ball Push-Up	4	4	4	4	1
Explosive MB Bench	4	4	4		1
Front Squat	5	4	3	3	1
DB Row	8	8	8		1
Med Ball Russian Twists	12	12			1
Tricep Pushdown	8	8	8		1
Physioball Jackknife	20	20	20		1
Overhead MB Slams	12	12	12		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	6	6	6			1
Split-Squat Jumps	6	6	6			1
Mountain Climbers	6	6	6			1
Broad Jumps	6	6	6			1
Single Arm DB Snatch	5	4	3	3		1
DB Side Lunge	4	4	4			1
Physioball Hamstring Curl	5	4	3	3		1
DB Incline	8	8	8			1
DB Front Lat and Rear Delt Raise	12	12				1
Towel Pullup	8	8	8			1
Explosive MB Rotational Throw	20	20	20			1
Rollouts	12	12	12			1
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

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Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	6	6	6		1
Broad Jumps	6	6	6		1
Lateral Box Jump	6	6	6		1
Hang Snatch	5	4	3	3	1
Squat	4	4	4	4	1
Box Jump	4	4	4		1
Incline Bench	5	4	3	3	1
MB Push-Up	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Weighted Dips	6	6	6		1
Back Hypers	20	20	20		1
Overhead MB Slams	12	12	12		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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High Knee Walks	20 yards	20 yards			
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	5	5	5		0.5
Jump Squat	5	5	5		0.5
Explosive Overhead MB Throw	6	5	4		0.5
Hang Clean	3	2	2	3	0.5
Med Ball Push-Up	4	4	4	5	0.5
Explosive MB Bench	4	3	2		0.5
Front Squat	3	3	3	4	0.5
DB Row	8	8	8		0.5
Med Ball Russian Twists	12	12			0.5
Tricep Pushdown	8	8	8		0.5
Physioball Jackknife	20	20	20		0.5
Overhead MB Slams	12	12	12		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	5	5	5			0.5
Split-Squat Jumps	5	5	5			0.5
Mountain Climbers	6	5	4			0.5
Broad Jumps	6	5	4			0.5
Single Arm DB Snatch	3	2	2	3		0.5
DB Side Lunge	4	3	2			0.5
Physioball Hamstring Curl	3	3	3	4		0.5
DB Incline	8	8	8			0.5
DB Front Lat and Rear Delt Raise	12	12				0.5
Towel Pullup	8	8	8			0.5
Explosive MB Rotational Throw	20	20	20			0.5
Rollouts	12	12	12			0.5
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

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<b>Warm-Up:</b>					
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	5	5	5		0.5
Broad Jumps	5	5	5		0.5
Lateral Box Jump	6	5	4		0.5
Hang Snatch	3	2	2	3	0.5
Squat	4	4	4	5	0.5
Box Jump	4	3	2		0.5
Incline Bench	3	3	3	4	0.5
MB Push-Up	8	8	8		0.5
Med Ball Russian Twists	10	10	10		0.5
Weighted Dips	6	6	6		0.5
Back Hypers	20	20	20		0.5
Overhead MB Slams	12	12	12		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
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Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	8			1
Hang Clean	6	5	5	5	1
Physioball Dumbbell Bench	8	8	8		1
Explosive MB Bench	6	6	6		1
Front Squat	6	6	6		1
Sgls Leg, Sgls Arm Cable Row	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Tricep Pushdown	10	10	10		1
Physioball V-Up	18	18	18		1
Overhead MB Slams	15	15	15		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

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Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8				1
Split-Squat Jumps	8	8				1
Mountain Climbers	8	8				1
Broad Jumps	6	6	6			1
Single Arm DB Snatch	6	5	5	5		1
Barbell Side Lunge	8	8	8			1
Physioball Hamstring Curl	8	8	8			1
DB Incline	8	8	8			1
Physioball Shoulder Y,L,T, W	15	15				1
Towel Pullup	10	10	10			1
Explosive MB Rotational Throw	15	15	15			1
Rollouts	10	10	10			1
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	8			1
Hang Snatch	6	5	5	5	1
Squat	8	8	8		1
Barbell Step Up	8	8	8		1
Incline Bench	8	8	8		1
MB Push-Up	10	10	10		1
Medball Throw and Sprint	12	12	12		1
Weighted Dips	8	8	8		1
Back Hypers	18	18	18		1
Overhead MB Slams	12	12	12		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	6	6		1
Hang Clean	5	4	4	4	1
Physioball Dumbbell Bench	6	6	6	6	1
Explosive MB Bench	5	5	5		1
Front Squat	5	5	5		1
Sggle Leg, Sggle Arm Cable Row	8	8	8		1
Med Ball Russian Twists	10	10	10		1
Tricep Pushdown	10	10	10		1
Physioball V-Up	18	18	18		1
Overhead MB Slams	15	15	15		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8			1	
Split-Squat Jumps	8	8			1	
Mountain Climbers	8	6	6		1	
Broad Jumps	6	6	6		1	
Single Arm DB Snatch	5	4	4	4	1	
Barbell Side Lunge	6	6	6		1	
Physioball Hamstring Curl	6	6	6		1	
DB Incline	8	8	8		1	
Physioball Shoulder Y,L,T, W	15	15			1	
Towel Pullup	10	10	10		1	
Explosive MB Rotational Throw	15	15	15		1	
Rollouts	10	10	10		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	6	6		1
Hang Snatch	5	4	4	4	1
Squat	6	6	6	6	1
Barbell Step Up	6	6	6		1
Incline Bench	6	6	6	6	1
MB Push-Up	10	10	10		1
Medball Throw and Sprint	12	12	12		1
Weighted Dips	8	8	8		1
Back Hypers	18	18	18		1
Overhead MB Slams	12	12	12		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	8	8			1
Jump Squat	8	8			1
Explosive Overhead MB Throw	8	6	6		1
Hang Clean	5	3	3	3	1
Physioball Dumbbell Bench	5	5	5	5	1
Explosive MB Bench	4	4	4		1
Front Squat	4	4	4	4	1
Sgle Leg, Sgle Arm Cable Row	8	8	8		1
Med Ball Russian Twists	12	12	12		1
Tricep Pushdown	10	10	10		1
Physioball V-Up	20	20	20		1
Overhead MB Slams	20	20	20		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	8	8			1	
Split-Squat Jumps	8	8			1	
Mountain Climbers	8	6	6		1	
Broad Jumps	6	5	5	5	1	
Single Arm DB Snatch	5	4	4	3	1	
Barbell Side Lunge	5	5	5		1	
Physioball Hamstring Curl	5	5	5	5	1	
DB Incline	8	8	8		1	
Physioball Shoulder Y,L,T, W	15	15			1	
Towel Pullup	10	10	10		1	
Explosive MB Rotational Throw	18	18	18		1	
Rollouts	10	10	10		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	8	8			1
Broad Jumps	8	8			1
Lateral Box Jump	8	6	6		1
Hang Snatch	5	4	4	3	1
Squat	5	5	5	5	1
Barbell Step Up	5	5	5		1
Incline Bench	5	5	5	5	1
MB Push-Up	10	10	10		1
Medball Throw and Sprint	12	12	12		1
Weighted Dips	8	8	8		1
Back Hypers	20	20	20		1
Overhead MB Slams	15	15	15		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	6	6	6		0.5
Jump Squat	6	6	6		0.5
Explosive Overhead MB Throw	6	6	6		0.5
Hang Clean	5	4	3	2	0.5
Physioball Dumbbell Bench	4	4	4	4	0.5
Explosive MB Bench	4	4	4		0.5
Front Squat	4	4	3	3	0.5
Sgle Leg, Sgle Arm Cable Row	8	8	8		0.5
Med Ball Russian Twists	12	12	12		0.5
Tricep Pushdown	8	8	8		0.5
Physioball V-Up	25	25	25		0.5
Overhead MB Slams	20	20	20		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	6	6	6		0.5	
Split-Squat Jumps	6	6	6		0.5	
Mountain Climbers	6	6	6		0.5	
Broad Jumps	5	5	5		0.5	
Single Arm DB Snatch	5	4	3	3	0.5	
Barbell Side Lunge	5	5	5		0.5	
Physioball Hamstring Curl	4	4	4	4	0.5	
DB Incline	8	8	8		0.5	
Physioball Shoulder Y,L,T, W	15	15			0.5	
Towel Pullup	8	8	8		0.5	
Explosive MB Rotational Throw	18	18	18		0.5	
Rollouts	12	12	12		0.5	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	6	6	6		0.5
Broad Jumps	6	6	6		0.5
Lateral Box Jump	6	6	6		0.5
Hang Snatch	5	4	3	3	0.5
Squat	5	5	5	5	0.5
Barbell Step Up	5	5	5		0.5
Incline Bench	5	4	4	3	0.5
MB Push-Up	12	12	12		0.5
Medball Throw and Sprint	15	15	15		0.5
Weighted Dips	6	6	6		0.5
Back Hypers	20	20	20		0.5
Overhead MB Slams	15	15	15		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	6	6	6		1
Jump Squat	6	6	6		1
Explosive Overhead MB Throw	6	6	6		1
Hang Clean	4	3	3	2	1
Physioball Dumbbell Bench	3	3	3		1
Explosive MB Bench	3	3	3		1
Front Squat	4	3	3	2	1
Sgle Leg, Sgle Arm Cable Row	8	8	8		1
Med Ball Russian Twists	12	12	12		1
Tricep Pushdown	8	8	8		1
Physioball V-Up	25	25	25		1
Overhead MB Slams	25	25	25		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	6	6	6		1	
Split-Squat Jumps	6	6	6		1	
Mountain Climbers	6	6	6		1	
Broad Jumps	5	5	5	4	1	
Single Arm DB Snatch	5	4	3	3	1	
Barbell Side Lunge	4	4	4		1	
Physioball Hamstring Curl	5	4	3	3	1	
DB Incline	8	8	8		1	
Physioball Shoulder Y,L,T, W	15	15			1	
Towel Pullup	8	8	8		1	
Explosive MB Rotational Throw	20	20	20		1	
Rollouts	12	12	12		1	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	6	6	6		1
Broad Jumps	6	6	6		1
Lateral Box Jump	6	6	6		1
Hang Snatch	5	4	3	3	1
Squat	4	4	4	4	1
Barbell Step Up	4	4	4		1
Incline Bench	4	3	2	2	1
MB Push-Up	12	12	12		1
Medball Throw and Sprint	15	15	15		1
Weighted Dips	6	6	6		1
Back Hypers	22	22	22		1
Overhead MB Slams	15	15	15		1
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Monday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Burpees	5	5	5		0.5
Jump Squat	5	5	5		0.5
Explosive Overhead MB Throw	6	5	4		0.5
Hang Clean	4	3	2	1	0.5
Physioball Dumbbell Bench	6	4	3	2	0.5
Explosive MB Bench	4	3	2		0.5
Front Squat	3	2	2		0.5
Sgls Leg, Sgls Arm Cable Row	8	8	8		0.5
Med Ball Russian Twists	15	15	15		0.5
Tricep Pushdown	8	8	8		0.5
Physioball V-Up	30	30	30		0.5
Overhead MB Slams	25	25	25		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				

Wednesday						
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)	
<b>Warm-Up:</b>						
Lateral Walking Lunge	20 yards	20 yards				
Shuffle	20 yards	20 yards				
Caricoca	20 yards	20 yards				
Ankle Band Shuffle	20 yards	20 yards				
Buttkicks	20 yards	20 yards				
A-Skips	20 yards	20 yards				
<b>Workout:</b>						
Power Skips	5	5	5		0.5	
Split-Squat Jumps	5	5	5		0.5	
Mountain Climbers	6	5	4		0.5	
Broad Jumps	5	4	3	3	0.5	
Single Arm DB Snatch	3	2	2		0.5	
Barbell Side Lunge	4	3	2		0.5	
Physioball Hamstring Curl	3	3	3		0.5	
DB Incline	8	8	8		0.5	
Physioball Shoulder Y,L,T, W	15	15			0.5	
Towel Pullup	8	8	8		0.5	
Explosive MB Rotational Throw	20	20	20		0.5	
Rollouts	12	12	12		0.5	
<b>Cooldown:</b>						
Quad Stretch	30 sec.					
Standing Glute Stretch	30 sec.					
Butterfly Stretch	30 sec.					
Seated Hip Abductor Stretch	30 sec.					
Lying Glute/Hip Stretch	30 sec.					
Calf Stretch	30 sec.					

Friday					
Exercise	Set 1	Set 2	Set 3	Set 4	Rest (min)
<b>Warm-Up:</b>					
High Knee Walks	20 yards	20 yards			
High Knee Jog	20 yards	20 yards			
Walking Lunge	20 yards	20 yards			
Lateral Walking Lunge	20 yards	20 yards			
Shuffle	20 yards	20 yards			
Lateral A Skips	20 yards	20 yards			
<b>Workout:</b>					
Tuck Jumps	5	5	5		0.5
Broad Jumps	5	5	5		0.5
Lateral Box Jump	6	5	4		0.5
Hang Snatch	3	2	2	3	0.5
Squat	3	3	3	5	0.5
Barbell Step Up	4	3	2		0.5
Incline Bench	3	2	1	3	0.5
MB Push-Up	12	12	12		0.5
Medball Throw and Sprint	15	15	15		0.5
Weighted Dips	6	6	6		0.5
Back Hypers	25	25	25		0.5
Overhead MB Slams	20	20	20		0.5
<b>Cooldown:</b>					
Standing Glute Stretch	30 sec.				
Hip Flexor Stretch	30 sec.				
Lying Glute/Hip Stretch	30 sec.				
Seated Hip Abductor Stretch	30 sec.				
Straddle Stretch	30 sec.				
Calf Stretch	30 sec.				