

Day 5 Beginner Full Workout (Coach Levy)

Jump stop off 2 / LH layup

Jump stop off 2 / RH layup

5 squat jump and frog jump

LH RF step into shot

RH LF step into shot

RH Pound behind back / left hand layup

LH pound behind back / Right hand layup

Step back right

Step back left

90 degrees

5 Squat jumps