

Strength & Conditioning		M/W/F					
	<u>Exercise</u>				<u>Workload</u>		<u>Rest</u>
Warm-Up	Foam Roll-upper,lower legs				10mintes total		
	Jumping Jacks, Crossover Jacks, skips in place				x :30sec each		
	Inchworms in place				x10		
	Worlds Greatest Stretch				x5 each side		
Jumps	Single Leg Lateral hops(Line Jumps)				2-3sets x10each leg		:30sec
	Tuck Jumps				2-3sets x10		:30sec
	Drop Squat to Rotational Jump @90degrees				2-3sets x10		1min
	Drop Squat to Lateral Bound				2-3sets x5		1 min
	Single leg Drop Squat to Rotational Hop @ 90 degrees				2-3sets x5each		1min
	Angle Bounding(Combine lateral and Rotational Bounding)				2-3sets x 3each		1min
	Full Approach Jumps				2-3sets x5		1min
Strength Training	Deficit Reverse Lunge				2x 10each leg		2min
	Lateral Lunge to Balance				2x 10each leg		2min
	Single Leg Hip Thruster				2-4x 10each		2min
	Single Leg Standing Calf Raises				2-4x 10each		1min
	Narrow Push Ups				3x10		2min
Core	Stationary Bear Crawl				2 x 15each side		:30sec
	Body Saw				2 x20		:30sec
	Alt. V-Ups				2x15 each side		:30sec
	Clamshell Side Plank				2x15 each side		:30sec
Conditioning	Shuttle Run	5-10-			5-10x		:30sec
	Figure 8 Shuffle	15yards			5x		:30sec
Cool Down	Foam Roll & Stretch						