



**Day 1 Workout: Total Body**  
**Equipment: A Step, Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

## **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Ankle Hops 3x20 seconds**

**A2) A-Skip 3x20yds**

**A3) Sprint 3x20yds**

## **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Body Squat 3x12-15 reps**

**B2) Hands Elevated Push Ups 3x10-12**

**B3) Cat-Cow 3x10**



**Day 2 Workout: Total Body**  
**Equipment: Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

### **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Single Leg Hops w/Stick 3x6/leg**

**A2) Skater Hops (Land on 2 feet) 3x6/side**

**A3) Broad Jumps 3x10**

### **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Walking Lunges 3x 8-12 reps/side**

**B2) Shoulder Taps 3x8-10/side (alternate touching shoulders)**

**B3) Bird Dog 3x8/leg**



**Day 3 Workout: Total Body**  
**Equipment: Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

### **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Line Hops Forward and Back 3x10 seconds**

**A2) Line Hops Side to Side 3x10 seconds**

**A3) Bouncy Jog 3x20yd**

**A4) Vertical Jump 3x8**

### **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Reverse Lunge 3x10/leg**

**B2) Plank w/Pull 3x15 seconds**

**B3) Deadbug 3x8/leg**



**Day 4 Workout: Total Body**  
**Equipment: A Step or Bench, Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

### **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Single Leg Ankle Hops in Place 3x15 seconds/leg**

**A2) Forward Moving Line Hops 3x15yd**

**A3) Shuffles 3x15yd/side (face same direction when going down and back)**

### **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Step Ups 3x10/leg**

**B2) Push Ups 3x as many as possible (When form breaks down, stop)**

**B3) Supine Bridge 3x12**



**Day 5 Workout: Total Body**  
**Equipment: Jump Rope, Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

### **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Jump Rope 3x30-60 seconds**

**A2) Single Leg Hops Forward 3x6/leg**

**A3) Repeated Vertical Jumps 3x8**

### **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Split Squats 3x10/leg**

**B2) Side Plank 3x20 seconds**

**B3) Mountain Climbers 3x12/leg**



**Day 6 Workout: Total Body**  
**Equipment: A Wall, Open Space (do outside if able)**  
**Difficulty: 3**  
**Total Time: 20 minutes**

### **I. Superset A**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**A1) Pogo Hops 3x20 seconds**  
**A2) Power Skips for Height 3x6/leg**  
**A3) Sprint 3x25yd**

### **II. Superset B**

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

**B1) Wall Sit 3x30-60 seconds**  
**B2) Plank Arm March 3x6-10/side**  
**B3) Lateral Lunge 3x10/leg**