

Workout 1: Timed exercises. 30 sec each. Do two full cycles.

- Sit-ups
- Squats
- Burpees
- Push ups
- Run in place

Workout 2: Timed exercises. 30 sec each. Do two full cycles.

- Russian twist
- Superman's
- Hip thrust
- Mountain climbers
- Shuttle run w/ 3 cones - cones are 15 yards apart

Conditioning: Alternate days

- Day 1- 3 mile run - walk/run to gradually build to running 3 full miles
- Day 2 - Full field suicide (End L, Goal L, Restr L, Mid L, Restr L, Goal L, End L)
 - 4 reps - take as long as needed but FINISH
 - Try to improve your total time

Footwork: Timed exercises. 30 sec each. Do two full cycles.

- Over your stick - feet together forwards and back
- Over your stick - single foot forwards and back (R &L)
- Over your stick - feet together side to side lateral
- Over your stick - sprinter stance - switching feet over stick