

DYNAMIC WARM-UP

Perform Dynamic Warm-Up every day before circuits

Exercise	Distance	Exercise	Sets/Reps
A-Skip	40 yards	Walking Lunge Elbow Down	1x6
Crossover R/L	40 yards	Backward Lunge w/ Twist	1x6
Backward Skip	40 yards	Heel to Butt	1x6
Butt Flicks	40 yards	Goose Step	1x12
Left, Left Skip/Right, Right Skip	40 yards	Leg Swing	1x10 forward; 1x10 side

MONDAY

Exercise
Single-Leg Squat
SB Seated Cable Row
Single-Arm Single-Leg Standing FB Row
SB Push-Ups
Overhead Squats
Split Box Squat
DB Snatch
DB Curl to Press
Toe Risers
Jump Rope
Single-Arm Single-Leg DB Bent Over Row
SB Sky Touches
SB DB Press
Bike Sprints
SB DB Pullovers
Squats
Single-Leg Squat
SB Seated Cable Row
Single-Arm Single-Leg Standing FB Row
SB Push-Ups
Overhead Squats
Split Box Squat
DB Snatch
DB Curl to Press
*Complete circuit three times. Perform each exercise for 30 seconds, resting 15 seconds before moving to the next. After completing circuit, rest 60 seconds; repeat.
**Complete circuit three times. Perform each exercise for 30 seconds, resting 15 seconds before moving to the next. After completing circuit, rest 30 seconds; repeat.

WEDNESDAY

Exercise
Push-Up
Squat Jump
Invert Legs Crunch
Superman
Pull-Up
Forward Lunge
Burpee
8-Count Bodybuilder
DB Alternating Squat Press
Seated Knee Raise
Single-Leg Push-Up
Inverted Pull-Up
Lunge
Back Hyper
Jumping Jack
Burpee
DB Alternating High-Pull
T Push-Ups
Speed Squats
Sprint Arm Swings
DB Overhead Forward Lunge
DB Bent Over Row
DB Curl to Press
Stationary Inchworm
Superman Arm/Leg Raise
Standing Russian Twist
Lateral Lunge
Standing DB Uppercuts
Standing DB Alternating Shoulder Press
Squat Jumps
*Complete circuit three times. Perform each exercise for 20 seconds, resting 10 seconds before moving to the next. After completing circuit, immediately repeat.
**Complete circuit four times. Perform each exercise for 35 seconds, resting 25 seconds before moving to the next. After completing circuit, rest 90 seconds; repeat.

FRIDAY

Exercise
Squat
RDL High Pull
Incline Press
SB Leg Curl
SB Reverse Hyper Extension
SB Supermans
Agility Ladder High Knees
Overhead Walking Lunges
Speed Skater
Alternating Box Step-Up
DB Alternating Press w/ Opposite Knee Lift
Squat Jump
V-Up
Single-Leg Squat
SB Leg Curl
SB Push-Up
Squat
RDL + High Pull
Incline Press
SB Leg Curl
SB Reverse Hyper Extension
SB Supermans
*Complete circuit 3 to 5 times. Perform 5 to 8 reps of each exercise before moving to the next. After completing circuit, rest 60 seconds; repeat.
**Complete circuit 1 to 3 times. Perform each exercise for 35 seconds, resting 20 seconds before moving to the next. After completing circuit, rest 60 seconds; repeat.

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Single Leg-Squat	/30 seconds	/30 seconds	/30 seconds
SB Seated Cable Row	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg Standing FB Row	/30 seconds	/30 seconds	/30 seconds
SB Push-Ups	/30 seconds	/30 seconds	/30 seconds
Overhead Squats	/30 seconds	/30 seconds	/30 seconds
Split-Box Squat	/30 seconds	/30 seconds	/30 seconds
BD Snatch	/30 seconds	/30 seconds	/30 seconds
DB Curl to Press	/30 seconds	/30 seconds	/30 seconds
FB Standing External Rotations	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Push-Up	/20 seconds	/20 seconds	/20 seconds
Squat Jump	/20 seconds	/20 seconds	/20 seconds
Invert Legs Crunch	/20 seconds	/20 seconds	/20 seconds
Superman	/20 seconds	/20 seconds	/20 seconds
Pull-Up	/20 seconds	/20 seconds	/20 seconds
Forward Lunge	/20 seconds	/20 seconds	/20 seconds
Burpee	/20 seconds	/20 seconds	/20 seconds
8-Count Bodybuilder	/20 seconds	/20 seconds	/20 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Squat	/5-8	/5-8	/5-8
RDL High Pull	/5-8	/5-8	/5-8
Incline Press	/5-8	/5-8	/5-8
SB Leg Curl	/5-8	/5-8	/5-8
SB Reverse Hyper Extension	/5-8	/5-8	/5-8
SB Supermans	/5-8	/5-8	/5-8

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Toe Risers	/30 seconds	/30 seconds	/30 seconds
Jump Rope	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg Bent Over Row	/30 seconds	/30 seconds	/30 seconds
SB Sky Touches	/30 seconds	/30 seconds	/30 seconds
SB DB Press	/30 seconds	/30 seconds	/30 seconds
Bike Sprints	/30 seconds	/30 seconds	/30 seconds
SB DB Pullovers	/30 seconds	/30 seconds	/30 seconds
Squats	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
DB Alternating Squat Press	/20 seconds	/20 seconds	/20 seconds
Seated Knee Raise	/20 seconds	/20 seconds	/20 seconds
Single-Leg Push-Up	/20 seconds	/20 seconds	/20 seconds
Inverted Pull-Up	/20 seconds	/20 seconds	/20 seconds
Lunge	/20 seconds	/20 seconds	/20 seconds
Back Hyper	/20 seconds	/20 seconds	/20 seconds
Jumping Jack	/20 seconds	/20 seconds	/20 seconds
Burpee	/20 seconds	/20 seconds	/20 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Agility Ladder High Knees	/35 seconds	/35 seconds	/35 seconds
Overhead Walking Lunges	/35 seconds	/35 seconds	/35 seconds
Speed Skater	/35 seconds	/35 seconds	/35 seconds
Alternating Box Step-Up	/35 seconds	/35 seconds	/35 seconds
DB Alternating Press w/ Opposite Knee Lift	/35 seconds	/35 seconds	/35 seconds
Squat Jump	/35 seconds	/35 seconds	/35 seconds
V-Up	/35 seconds	/35 seconds	/35 seconds
Single-Leg Squat	/35 seconds	/35 seconds	/35 seconds
SB Leg Curl	/35 seconds	/35 seconds	/35 seconds
SB Push-Up	/35 seconds	/35 seconds	/35 seconds

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Single-Leg Squat	/30 seconds	/30 seconds	/30 seconds
SB Seated Cable Row	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg Standing FB Row	/30 seconds	/30 seconds	/30 seconds
SB Push-Ups	/30 seconds	/30 seconds	/30 seconds
Overhead Squats	/30 seconds	/30 seconds	/30 seconds
Split-Box Squat	/30 seconds	/30 seconds	/30 seconds
DB Snatch	/30 seconds	/30 seconds	/30 seconds
DB Curl to Press	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP				
Exercise	Set 1			
A-Skip	/40 yards			
Crossover R/L	/40 yards			
Backward Skip	/40 yards			
Butt Flicks	/40 yards			
Left, Left Skip/Right, Right Skip	/40 yards			
Walking Lunge Elbow Down	/6			
Backward Lunge with Twist	/6			
Heel to Butt	/6			
Goose Step	/12			
Leg Swing	/10			
CIRCUIT TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
DB Alternating High-Pull	/35 seconds	/35 seconds	/35 seconds	/35 seconds
T Push-Ups	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Speed Squats	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Sprint Arm Swings	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Overhead Forward Lunge	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Bent Over Row	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Curl to Press	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Stationary Inchworm	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Superman Arm/Leg Raise	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing Russian Twist	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Lateral Lunge	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing DB Uppercuts	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing DB Alternating Shoulder Press	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Squat Jumps	/35 seconds	/35 seconds	/35 seconds	/35 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Squat	/5-8	/5-8	/5-8
RDL + High Pull	/5-8	/5-8	/5-8
Incline Press	/5-8	/5-8	/5-8
SB Leg Curl	/5-8	/5-8	/5-8
SB Reverse Hyper Extension	/5-8	/5-8	/5-8
SB Supermans	/5-8	/5-8	/5-8

Tuesday

DYNAMIC WARM-UP 1	
Exercise	Set 1
Jog	/40 yards
Shuffle Right	/40 yards
Backpedal	/40 yards
Shuffle Left	/40 yards
Jog	/40 yards
DYNAMIC WARM-UP 2	
Exercise	Set 1
A-Skip	/40 yards
Crossover R/L	/40 yards
Backward Skip	/40 yards
Butt Flicks	/40 yards
Left, Left Skip/Right, Right Skip	/40 yards
Walking Lunge Elbow Down	/6
Backward Lunge with Twist	/6
Heel to Butt	/6
Goose Step	/12
Leg Swing	/10
DRYLAND CIRCUIT	
Exercise	Set 1
Pull-Up	/20 seconds
Wall Sit with 12 to 18-Pound MB	/40 seconds
Push-Up	/30 seconds
Sit-Up	/40 seconds

Thursday

DYNAMIC WARM-UP 1	
Exercise	Set 1
Jog	/40 yards
Shuffle Right	/40 yards
Backpedal	/40 yards
Shuffle Left	/40 yards
Jog	/40 yards
DYNAMIC WARM-UP 2	
Exercise	Set 1
A-Skip	/40 yards
Crossover R/L	/40 yards
Backward Skip	/40 yards
Butt Flicks	/40 yards
Left, Left Skip/Right, Right Skip	/40 yards
Walking Lunge Elbow Down	/6
Backward Lunge with Twist	/6
Heel to Butt	/6
Goose Step	/12
Leg Swing	/10
DRYLAND CIRCUIT	
Exercise	Set 1
Pull-Up	/20 seconds
Wall Sit with 12 to 18-Pound MB	/40 seconds
Push-Up	/30 seconds
Sit-Up	/40 seconds

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Single-Leg Squat	/30 seconds	/30 seconds	/30 seconds
SB Seated Cable Row	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg Standing FB Row	/30 seconds	/30 seconds	/30 seconds
SB Push-Ups	/30 seconds	/30 seconds	/30 seconds
Overhead Squats	/30 seconds	/30 seconds	/30 seconds
Split-Box Squat	/30 seconds	/30 seconds	/30 seconds
DB Snatch	/30 seconds	/30 seconds	/30 seconds
DB Curl to Press	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Push-Up	/20 seconds	/20 seconds	/20 seconds
Squat Jump	/20 seconds	/20 seconds	/20 seconds
Invert Legs Crunch	/20 seconds	/20 seconds	/20 seconds
Superman	/20 seconds	/20 seconds	/20 seconds
Pull-Up	/20 seconds	/20 seconds	/20 seconds
Forward Lunge	/20 seconds	/20 seconds	/20 seconds
Burpee	/20 seconds	/20 seconds	/20 seconds
8-Count Bodybuilder	/20 seconds	/20 seconds	/20 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Squat	/5-8	/5-8	/5-8
RDL High Pull	/5-8	/5-8	/5-8
Incline Press	/5-8	/5-8	/5-8
SB Leg Curl	/5-8	/5-8	/5-8
SB Reverse Hyper Extension	/5-8	/5-8	/5-8
SB Supermans	/5-8	/5-8	/5-8

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Toe Risers	/30 seconds	/30 seconds	/30 seconds
Jump Rope	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg DB Bent Over Row	/30 seconds	/30 seconds	/30 seconds
SB Sky Touches	/30 seconds	/30 seconds	/30 seconds
SB DB Press	/30 seconds	/30 seconds	/30 seconds
Bike Sprints	/30 seconds	/30 seconds	/30 seconds
SB DB Pullovers	/30 seconds	/30 seconds	/30 seconds
Squats	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
DB Alternating Squat Press	/20 seconds	/20 seconds	/20 seconds
Seated Knee Raise	/20 seconds	/20 seconds	/20 seconds
Single-Leg Push-Up	/20 seconds	/20 seconds	/20 seconds
Inverted Pull-Up	/20 seconds	/20 seconds	/20 seconds
Lunge	/20 seconds	/20 seconds	/20 seconds
Back Hyper	/20 seconds	/20 seconds	/20 seconds
Jumping Jack	/20 seconds	/20 seconds	/20 seconds
Burpee	/20 seconds	/20 seconds	/20 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Agility Ladder High Knees	/35 seconds	/35 seconds	/35 seconds
Overhead Walking Lunges	/35 seconds	/35 seconds	/35 seconds
Speed Skater	/35 seconds	/35 seconds	/35 seconds
Alternating Box Step-Up	/35 seconds	/35 seconds	/35 seconds
DB Alternating Press w/ Opposite Knee Lift	/35 seconds	/35 seconds	/35 seconds
Squat Jump	/35 seconds	/35 seconds	/35 seconds
V-Up	/35 seconds	/35 seconds	/35 seconds
Single-Leg Squat	/35 seconds	/35 seconds	/35 seconds
SB Leg Curl	/35 seconds	/35 seconds	/35 seconds
SB Push-Up	/35 seconds	/35 seconds	/35 seconds

Monday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Single-Leg Squat	/30 seconds	/30 seconds	/30 seconds
SB Seated Cable Row	/30 seconds	/30 seconds	/30 seconds
Single-Arm Single-Leg Standing FB Row	/30 seconds	/30 seconds	/30 seconds
SB Push-Ups	/30 seconds	/30 seconds	/30 seconds
Overhead Squats	/30 seconds	/30 seconds	/30 seconds
Split-Box Squat	/30 seconds	/30 seconds	/30 seconds
DB Snatch	/30 seconds	/30 seconds	/30 seconds
DB Curl to Press	/30 seconds	/30 seconds	/30 seconds

Wednesday

DYNAMIC WARM-UP				
Exercise	Set 1			
A-Skip	/40 yards			
Crossover R/L	/40 yards			
Backward Skip	/40 yards			
Butt Flicks	/40 yards			
Left, Left Skip/Right, Right Skip	/40 yards			
Walking Lunge Elbow Down	/6			
Backward Lunge with Twist	/6			
Heel to Butt	/6			
Goose Step	/12			
Leg Swing	/10			
CIRCUIT TRAINING				
Exercise	Set 1	Set 2	Set 3	Set 4
DB Alternating High-Pull	/35 seconds	/35 seconds	/35 seconds	/35 seconds
T Push-Ups	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Speed Squats	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Sprint Arm Swings	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Overhead Forward Lunge	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Bent Over Row	/35 seconds	/35 seconds	/35 seconds	/35 seconds
DB Curl to Press	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Stationary Inchworm	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Superman Arm Leg Raise	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing Russian Twist	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Lateral Lunge	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing DB Uppercuts	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Standing DB Alternating Shoulder Press	/35 seconds	/35 seconds	/35 seconds	/35 seconds
Squat Jumps	/35 seconds	/35 seconds	/35 seconds	/35 seconds

Friday

DYNAMIC WARM-UP			
Exercise	Set 1		
A-Skip	/40 yards		
Crossover R/L	/40 yards		
Backward Skip	/40 yards		
Butt Flicks	/40 yards		
Left, Left Skip/Right, Right Skip	/40 yards		
Walking Lunge Elbow Down	/6		
Backward Lunge with Twist	/6		
Heel to Butt	/6		
Goose Step	/12		
Leg Swing	/10		
CIRCUIT TRAINING			
Exercise	Set 1	Set 2	Set 3
Squat	/5-8	/5-8	/5-8
RDL High Pull	/5-8	/5-8	/5-8
Incline Press	/5-8	/5-8	/5-8
SB Leg Curl	/5-8	/5-8	/5-8
SB Reverse Hyper Extension	/5-8	/5-8	/5-8
SB Supermans	/5-8	/5-8	/5-8

Tuesday

DYNAMIC WARM-UP 1	
Exercise	Set 1
Jog	/40 yards
Shuffle Right	/40 yards
Backpedal	/40 yards
Shuffle Left	/40 yards
Jog	/40 yards
DYNAMIC WARM-UP 2	
Exercise	Set 1
A-Skip	/40 yards
Crossover R/L	/40 yards
Backward Skip	/40 yards
Butt Flicks	/40 yards
Left, Left Skip/Right, Right Skip	/40 yards
Walking Lunge Elbow Down	/6
Backward Lunge with Twist	/6
Heel to Butt	/6
Goose Step	/12
Leg Swing	/10
DRYLAND CIRCUIT	
Exercise	Set 1
Pull-Up	/20 seconds
Wall Sit with 12 to 18-Pound MB	/40 seconds
Push-Up	/30 seconds
Sit-Up	/40 seconds

Thursday

DYNAMIC WARM-UP 1	
Exercise	Set 1
Jog	/40 yards
Shuffle Right	/40 yards
Backpedal	/40 yards
Shuffle Left	/40 yards
Jog	/40 yards
DYNAMIC WARM-UP 2	
Exercise	Set 1
A-Skip	/40 yards
Crossover R/L	/40 yards
Backward Skip	/40 yards
Butt Flicks	/40 yards
Left, Left Skip/Right, Right Skip	/40 yards
Walking Lunge Elbow Down	/6
Backward Lunge with Twist	/6
Heel to Butt	/6
Goose Step	/12
Leg Swing	/10
DRYLAND CIRCUIT	
Exercise	Set 1
Pull-Up	/20 seconds
Wall Sit with 12 to 18-Pound MB	/40 seconds
Push-Up	/30 seconds
Sit-Up	/40 seconds