

# November

## Warm-Up

- 10 min jog
- 5 min Jump Rope
- 3X20 Seconds Step-Taps

## LADDER DRILLS 2 sets

- Backward Zig Zag (2 steps in each box) – sprint
- Front Leg Whip
- V2 Simulation

## LEGS: Weeks 1&3=1 set, Week 2&4=2 sets) order is important

1. 20 Goblet Squat
2. 10 Squat Jump
3. 20 Front Lunge
4. 10 Scissor Jumps
5. 10 Goblet Side Squat (each leg)
6. 10 V2 Side to Side Jumps

## UPPER BODY: (3 sets)

- 3-8 Pull-ups
- 20 Bent Over Row
- 20 Bench Dips

## UPPER BODY: (Weeks 1&3=1 set, Week 2&4=2 sets)

- 20-40 Med Ball Double Pole