

December - March (Maintenance)

Warm-Up

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

LADDER DRILLS

- 2X10 Forward Zig Zag (2 steps in each box) – sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint
- 2X10 V2 Jump

LEGS: (1 set)

- 20 - Goblet Squat
- 10 – Front Lunge, each leg
- 10 – Side Lunge, each leg

UPPER BODY: (1 set, 10-20)

- Pull-ups
- Rings Reverse Push-ups
- Ring Dips
- Push ups

CORE: (2 sets) Bands

- 15 reps Front
- 15 reps Both sides
- 15 reps Back