

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