

September

Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

LADDER DRILLS WITH SPRINTS (2 sets)

- One In
- Two In
- One Legged Swings – FAST

LOWER BODY (3 x 6 reps)

- Single Leg Box Jumps
- Tuck Jumps
- Telemark Jumps
- Double Leg Box Jumps

UPPER BODY (3 x 6 reps)

- Press-Up Push Ups
- Overhead Shoulder Press
- Tricep Extensions
- Pull-ups

Yoga & Core