

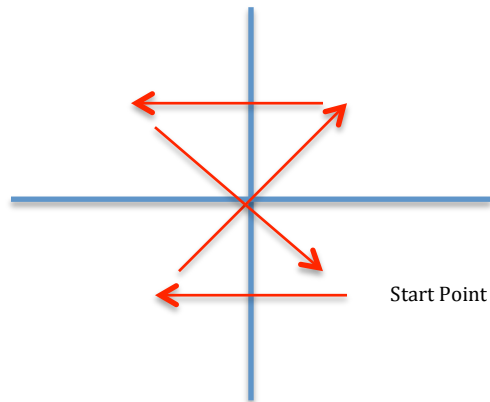
Side to Side (Two Feet)

Directions:

- Find a set of two lines
- Jump in pattern shown below with both feet together

Keys:

- Not about jumping high
- Go through jumps as fast as possible
- No breaks until set is done
- Quick, low jumps!



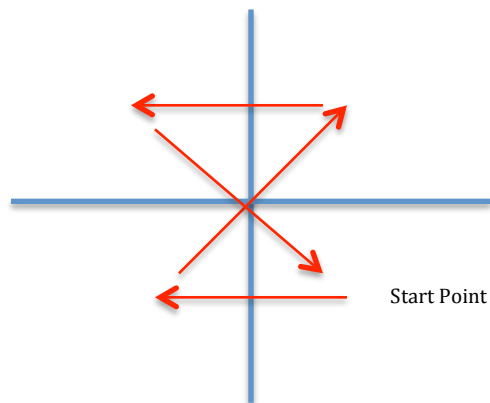
Side to Side (One Foot)

Directions:

- Find a set of two lines
- Jump in pattern shown below on one foot
- Do one set with each foot

Keys:

- Not about jumping high
- Go through jumps as fast as possible
- No breaks until set is done
- Quick, low jumps!



Jumping Lunge

Directions:

- Start in a lunge position
- Jump as high as possible
- Land in a squatted lunge position
- Repeat

Keys:

- Not about going fast (Do NOT rush through this)
- Make sure during lunge your knee does not go in front of toes



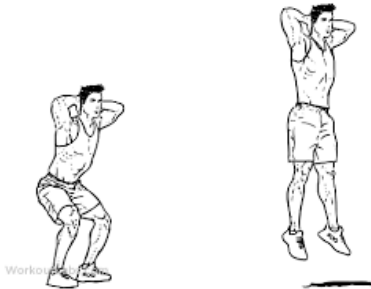
Squat Jumps

Directions:

- Start in a squat position
- Jump as high as possible
- Land in a squat position
- Repeat

Keys:

- Keep back straight
- Make sure knees don't go in front of toes
- Not about going fast



*Make sure to use your arms to propel you up when you jump

Standing Wall Jumps

Directions:

- Find a wall
- Without bending your knees jump as high as you can
- Keep arms up and straight the whole time during set
- Repeat

Keys:

- Jump as high as you can every time
- No breaks in between jumps
- Jump in rapid succession

Planks

Directions:

- Get in a plank position
- No breaks until set is over

Keys:

- Keep abs tight through the whole set
- Keep back, butt, and legs in uniform line



Side Plank

Directions:

- Get in plank position
- Raise one arm and one leg off of the ground (right arm/right leg or left arm/left leg)
- Raise opposite arm/leg

Keys:

- Keep abs tight through whole set
- No breaks until set is done
- Keep arm straight in the air



Six inches

Directions:

- Lay on the ground on your back
- Raise both legs 6 inches off of ground
- Hold them raised
- No break until end of set

Keys:

- Put hands under tailbone (will stop it from hurting)
- Tighten abs while legs are up



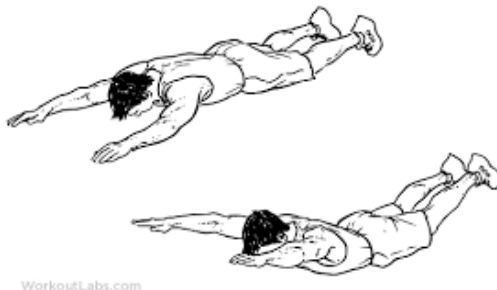
Superman

Directions:

- Lay on the ground on your stomach
- Raise both arms and both legs off of ground
- Hold them raised
- No breaks until end of set

Keys:

- Tighten abs while arms and legs are raised



Leg Raises

Directions:

- Lay flat on the ground on your back
- While keeping legs straight, raise them slowly up
- This is not about going fast, use proper form

Keys:

- NOT about speed



Day One:

1. Side to Side - two feet (50)
 - a. One time through the pattern is one
2. Six Inches (60 Seconds)
3. Side to Side – Right foot (25 sets)
 - a. One time through the pattern is one
4. 20 Push Ups
5. Jumping Lunge (25)
6. Squat Jumps (25)
7. Plank (30 seconds)
8. Standing Wall Jumps (100)
9. 20 Sit Ups
10. Side to Side - Left Foot (25 sets)
11. 15 Push Ups
12. Side Planks (30 Seconds/each side)
13. Stretch

Day Two:

1. 25 Push Ups
2. Side to Side – Two Feet (50)
 - a. One time through the pattern is one
3. Superman (60 Seconds)
4. 20 Pushups
5. Squat Jumps (15)
6. Jumping Lunges (15)
7. 15 Push Ups
8. Standing Wall Jumps (50)

Day Three (OFF):

1. 3 sets of 5 – curls (Two arm)
2. 3 sets of 5 – deadlifts
3. 3 sets of 5 – squats

Day Four:

1. Side to Side – Right Foot (30 seconds)
2. Side to Side – Left Foot (30 Seconds)
3. Plank (45 Seconds)
4. Jumping Lunge (30)
5. Squat Jumps (30)
6. Standing Wall Jumps (1 minute)
7. Side to Side – Two feet (45 seconds)
8. Leg Raises (75)

Day Five

1. Squat Jumps (25)
2. Side to side – Two Feet (1 minute)
3. 10 Pushups
4. 10 Situps
5. Squat Jumps (25)
6. Side Plank (30 seconds/each side)
7. 15 Pushups
8. Jumping Lunges (30)
9. 6 inches (45 Seconds)
10. 20 Pushups
11. 20 Situps
12. Side to Side – Right Foot (45 Seconds)
13. 15 Pushups
14. Side to Side – Left Foot (45 Seconds)
15. 15 Situps
16. Standing Wall Jumps (150)

Day Six (Off)