**Monday, May 11**

Mobility – 2x Rounds  
Hip Flexor Stretch 10x Right Leg Forward + 10x Left Leg Forward  
Spiderman 5x Each Side  
Lateral Squats 20x Alternating   
Split Squats 10x Right Leg Forward + 10x Left Leg Forward  
Lunge & Lean 5x Each Side

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ 20SR  
Reverse Skips > Forward Skips  
Forward Skips > Skip for Distance  
Skip for Distance > Skip for Height  
Skip for Height > Cherry Pickers  
Cherry Pickers > Reverse Skips

Circuit 1 – 3x Rounds @ 20SR  
1 Leg Bridges 20x (10x Right + 10 Left)  
Skater Hops 20x Alternating  
Squats 20x  
Squat Jumps 20x

Circuit 2 – 3x Rounds @ 20SR  
Rope Climbers 40x  
Crunches 30x  
Leg Lifts 20x  
V-Ups 10x

Cardio – 3x Rounds @ 30SR  
3:00 Run/Jog

**Tuesday, May 12**

Stretch/Loosen – 1x Round  
Arm Swings 15x Forward, 15x Reverse (Each Arm)  
Leg Swings 15x Front to back, 15x Side to Side (Each Leg)  
Spider 6x with 2 Second Hold in Each Position  
Monkeys 30x  
Orangutans 30x  
Arm Swings 30x

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ 20SR  
Side Shuffle  
Carioca   
Lateral Shifts  
Side Shuffle w/ Overhead Reach  
Lateral Monster Walk  
Lateral Hops

Circuit 1 – 3x Rounds @ 20SR  
Bridges 10x  
Windshield Wipers 10x  
Bird Dogs 20x (5x Right, 5x Left x2)

Circuit 2 – 3x Rounds @ 20SR  
Squats 20x  
Lunges 20x  
Split Jumps 20x  
Squat Jumps 10x

Cardio – 4x Rounds @ 30SR  
:30 Mountain Clumbers + 5 Burpees (Fast & Explosive, w/o Push Up)

**Wednesday, May 13**

Mobility – 2x Rounds  
Hip Flexor Stretch 10x Right Leg Forward + 10x Left Leg Forward  
Spiderman 5x Each Side  
Lateral Squats 20x Alternating   
Split Squats 10x Right Leg Forward + 10x Left Leg Forward  
Lunge & Lean 5x Each Side

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ 20SR  
Knee Hugs  
Zombie Walk  
Lateral Shifts  
Skips  
Side Shuffle  
Carioca

Circuit 1 – 3x Rounds @ 20SR  
Lateral Lunges 10x Each Side  
Skater Hops 20x Alternating  
Inch Worm 5x (Stationary)

Circuit 2 – 4x Rounds @ 20SR  
Push Up 8x  
Scapula Push Up 16x  
Superman Taps 24x

Cardio – 2x Rounds @ 60SR  
5:00 Run/Jog

**Thursday, May 14**

Stretch/Loosen – 1x Round  
Arm Swings 15x Forward + 15x Reverse (Each Arm)  
Leg Swings 15x Front to back + 15x Side to Side (Each Leg)  
Spider 6x with 2 Second Hold in Each Position  
Monkeys 30x  
Orangutans 30x  
Arm Swings 30x

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ 20SR  
Reverse Skips > Forward Skips  
Forward Skips > Skip for Distance  
Skip for Distance > Skip for Height  
Skip for Height > Cherry Pickers  
Cherry Pickers > Reverse Skips

Circuit 1 – 4x Rounds @ 30SR  
10x Yoga Push Ups  
20x 1 Leg Bridges (10 Right Leg/10 Left Leg)  
30x Russian Twists

Circuit 2 – 2x Rounds @ 60SR  
Burpees 10x  
Sprint 20 Yards, Down & Back  
Burpees 8x  
Sprint 20 Yards, Down & Back  
Burpees 6x  
Sprint 20 Yards, Down & Back  
Burpees 4x  
Sprint 20 Yards, Down & Back  
Burpees 2x  
Sprint 20 Yards, Down & Back

Cardio/Core – 4x Rounds @ 30SR  
Flutter Kicks 1:00  
High Knees 30x

**Friday, May 15**

Mobility – 2x Rounds  
Hip Flexor Stretch 10x Right Leg Forward + 10x Left Leg Forward  
Spiderman 5x Each Side  
Lateral Squats 20x Alternating   
Split Squats 10x Right Leg Forward + 10x Left Leg Forward  
Lunge & Lean 5x Each Side

Dynamic Warm Up (15-20 Yards, Down & Back) – 2x Rounds @ 20SR  
Ham Dives  
Cherry Pickers  
Lateral Hops  
Bounding  
Monster Walk  
Walking Lunges  
Bear Crawl

Circuit 1 – 3x Rounds @ 20SR  
Hand Release Push Up 10x  
Rockets 10x (5x Right Leg Forward, 5x Left Leg Forward)  
Push Up 10x  
Rockets 10x (5x Right Leg Forward, 5x Left Leg Forward)

Circuit 2 – 4x Rounds @ 20SR  
Straight Leg Crunches 10x  
Leg Lifts 10x  
V-Ups 10x

Cardio – 1x Round   
10:00 Run/Jog (Continuous)