**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)