***Wed 5/6 – Coach Nick’s Plyometrics Cardio, Abs and Leg burner Class***

Start Off: Jumping Jacks, Jog In place, to get that blood flowing and heart rate going

Warm-Up: 30 Seconds Here (3X)

Body weight Squats - Tilt those Hips Back and nose behind your toes

Leg Swings - Bend Down and lets loosen that hamstring. Don’t SPPED!

Butt Kickers - If you want to motif just stand still and kick up and down. we are here to work hard so lets kill this workout.

Round 1: ( 30 Seconds on, and 15 seconds Rest) jumping Jacks while i demonstrate exercises Round 1 is our long set, this is power training. this will make you very strong

Jump Squats - no stiff legs. explode all the way up to the sky

Jump Lunges - burn the quads

Triple Pulse Squats- get nice and low 1,2,3 and up

Triple pulse lunges - 1,2,3 and up

Toe Touches - try to extend all the way and touch the toes

Round 2: (1 minute on and 20 seconds Rest. A LITTLE FASTER PASS NOW)

Spider Squats- don’t over rotate. if you need to modify just step and step. explode up

Lateral Line Hops - over the line and back over the line. if you want to modify go left hand to right knee then r right hand to left knee. this is athletic training. no toe taps here, keep core tight Right and left

Squat Jacks - in and out. Modify- step left to right. parallel with the ground, head up

Vertical Line Hops - keep core tight, and gain the ground. pick it up a little more forward and backward

Russian twists

Round 3 : ( 45 SECONDS on 15 seconds off) kick your butt! butt kicks

Skater Lunges - tap that knee on the ground. that going to insure that your getting that front quad parallel to the ground. modify just step to step side to side

runners Lunge ( LEFT) - left leg is forward. make sure to tap the knee on the ground. explode up. its going to strengthen the muscle

Runners Lunge (RIGHT) if your modifying i want to make sure your semicircle drive that knee all the way up

Half Burpee - feet shoulder width apart. hips are low chest is up. use those legs. lets go this is where you gotta motivate yourself.

Mountain Climbers - LETS GO! this is a great core strength ab workout. killer for building cardio endurance

Round 4: ( 45 SECONDS on 15 seconds off) jumping jacks to stay moving

Lateral jump knee tucks - jump over the line, modify i want you to do leg swing, CONTROL YOURSELF AND GAIN MORE CONFIDENCE

Pick-ups - in and out touch floor modify your going to step it.

Squat Holds - hold for 30 and then SPRINT! KEEP HANDS CLOSE TO THE CHEST! its going prevent you from staying up rather then going down.

Sprinters - jack that heart rate up!!!!! keep core tight! get it done!!!! 30 second break

Leg Raises- Make sure you slowly go down and up. feel the burn. this is working your lower abdominals

Round 5: ( 45 SECONDS on 15 seconds off) jumping jacks to stay moving

Lateral jump knee tucks - jump over the line, modify i want you to do leg, CONTROL YOURSELF AND GAIN MORE CONFIDENCE

Pick-ups - in and out modify your going to step it.

Squat Holds - hold for 30 and then SPRINT! KEEP HANDS CLOSE TO THE CHEST! its going prevent you from staying up rather then going down.

Sprinters - jack that heart rate up!!!!! keep core tight! get it done!!!! 30 second break

1 minute plank - Keep that core tight lets go!!! lets round!

Finisher!!!!! 2 MINUTES AND 30 SECONDS! OF JUMP SQUATS.. 50 jump squats its a burn out!!!!!!! lets really concentrate here! drop those hips and drive up! breathe. remember to use your core. what happens when you forget about your core. you start dropping your body! thats no good. keep that belly button driven into your spine. FOCUS!!!! LETS GET BETTER EVERYDAY! GREAT JOB TODAY AND SEE YOU IN THE INSIDE FRIDAY! GET READY TO BLAST THOSE ABS!!!!!

cool- down

catchers stretch. i was a baseball player but not a catcher elbows in the inside of your knees.

wiggle your hips

great job today! great leg burner workout!

plyometrics are no joke

we are here to work hard

split those - back right leg in the back and put those hands up. lean back and lean side to side if you don’t feel that in your hip flexer split your stance

its about waking up every morning and being determined and to being satisfied at the end of the day

Make sure you make good decisions when it comes to eating