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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **2X, :20 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian Twist | **Set#1: 2x, :20 second each exercise, break after vertical jumps.**Jog in placePower JackLog Jump123 HeismanButt KickHigh KneeVertical Jump | **Set #1: 2X****Using a exercise ball, laying on your back**10 Sit-ups with feet flat on the floor10 Sit-up twists10 Sit-ups with extended arms | **Set #1: 3X****20-sec each exercise, break after mummy kicks:**Jog in placeJumping JacksHeismanButt KicksHigh KneeMummy Kicks | **Set #1: 2X****Using the exercise ball laying on your stomach**10 Back Extensions10 Core Climber10 Prone Cobra |
| **Set #2:** Jog in place to your 3 favorite songs. Must be a minimum of 5 minutes. | **Set #2: 2X** **:20-sec each exercise,** Power JumpBelt KicksHit the FloorV-Pushups:30 restTriceps dips1:00 Water Break**Set #3: 2X :20sec for exercise,** Hurdle JumpsGlobe jumpsMoving Push UpsFloor Runs/Sprints:30 RestLevel 2 Drills (6 Pushups/6 Squats)1:00 Water Break | **Set #2: 4X**Put on your favorite music. Grab your jump rope. 1st and 3rd times:Jumping for 3 minutes. Jumping with both feet together. Resting 1 minute after 1st,3rd and 5th jumping sessions.  2nd time: on right foot.4th time:Jump for 1 minute on left foot.  | **Set #2: 2X****:20-sec each exercise**Suicide DrillPower SquatsMountain ClimbersSki DownSwitch Kick:45-sec Water Break**Set #3: 2x****:20-sec each exercise**Basketball JumpsLevel 1 DrillsSki AbsIn and Out AbsCross Jacks:45-sec Water Break | **Set #2 5X**Cone Drills: Challenge #2 Make each letter 2x25 feet of Sidestep |