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| **+Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **2X, :30 sec each.**  Jump Rope  Flutter Kick  Superman  Windmills  Russian Twist | **Set#1: 3x, :30-sec each exercise, break after vertical jump**  Jog in place  Power Jack  Log Jump  123 Heisman  Butt Kick  High Knee  Vertical Jump | **Set #1: 2X**  **Using a exercise ball, laying on your back**  20 Sit-ups with feet flat on the floor  20 Sit-up twists  20 Sit-ups with extended arms | **Set #1: 3X**  **:30-sec each exercise, break after mummy kicks:**  Jog in place  Jumping Jacks  Heisman  Butt Kicks  High Knee  Mummy Kicks | **Set #1: 2X**  **Using the exercise ball laying on your stomach**  20 Back Extensions  20 Core Climber  20 Prone Cobra |
| **Set #2:**  Jog in place to your 3 favorite songs. Must be a minimum of 15 minutes. | **Set #2: 3X**  **:30-sec each exercise**  Power Jump  Belt Kicks  Hit the Floor  V-Pushups  :30 rest  Triceps dips  1:00 Water Break  **Set #3: 3X**  **:30-sec for exercise**  Hurdle Jumps  Globe jumps  Moving Push Ups  Floor Runs/Sprints  :30 Rest  Level 2 Drills (6 Pushups/6 Squats)  1:00 Water Break | **Set #2: 2X**  Put on your favorite music. Grab your jump rope.  1st, 3rd and 5th 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: 3X**  **:30-sec each exercise**  Suicide Drill  Power Squats  Mountain Climbers  Ski Down  Switch Kick  :45-sec Water Break  **Set #3: 3x**  **:30-seceach exercise**  Basketball Jumps  Level 1 Drills  Ski Abs  In and Out Abs  Cross Jacks  :45-sec Water Break | **Set #2 5X**  Cone Drills: Challenge #2 Make each letter 2x  50 feet of Sidestep |