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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **2X, :30 sec each.**Jump Rope4 Square JumpsWindmillsRussian Twist | **Set#1: 3x, :30s sec each exercise, no break.**Jog in placeStraight Arm JackHeismanHigh Knee arms outSwitch KicksHit the FloorFloor Hops (Side to side) | **Set #1: 3X Using an exercise ball, laying on your back**10 Sit-Ups with feet flat on the floor10 Sit-ups Twists10 Sit-ups with Extended Arms | **Set #1: 3X****:30-sec each exercise, no break.**JogStraight Arm JacksJump rope s-sHigh Knee arms outSwitch KicksHit the FloorFloor Hops | **Set #1: 3X**2X Using an exercise ball laying on your stomach10 Back Extensions10 Core Climber10 Prone Cobra |
| **Set #2:** **3X at: 45 sec each.**TP Plank SwitchTP Streamline RaisesTP Push Up ThrowsTP Push Up HopsTP Leg PressTP Side Plank TouchTP Stand and Reach | **Set #2: 3X :45 per exercise, Then :45 sec break between sets****Set #2:** Switch JumpsSquat Push UpWide in & Out AbsPower JumpsV-Push Ups (5 each leg)**Set #3: 3X**Pogo (R,L, alternate per round)Power Push UpGlobe Twists/JumpsLevel 3 Drills (8 push up 8 floor sprints)2 Lunge 2 Squat Hops**Set #4: 3x**Side Push upsKick Stand touch floor or Superman take off8 Power keen 8 Diamond JumpsBalance Push Ups | **Set #2: 5X**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 and 3rd and 5th jumping sessions.2nd time: On right foot4th time: On left foot. | **Set #2: 1X****1 min for each exercise. No break till finished.**High/Low JabFootball run 4 sec then hold low plank 4 secBasketball Jumps (4) then hop to other sideRight KicksLeft KicksDiamond JumpsIn&Out abs (4) push up jacks (4)BurpeesHigh Knee Jog, floor sprintsSki AbsLeft Kick & Step backRight Kick & Step BackSquat TwistsRiver HopsAttack 2 per sidePower KneeSki HooksBelt KicksFwd/back SuicidesOblique Push upsPlank Punches8 High Jump 8 Hop SquatsLow Squat Speed Bag | **Set #2 5X**Cone Drills: Challenge #2 Make each letter 2x25 feet of Sidestep |