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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **3X**  15 Squat to Overhead Raise  16 Lateral Lunge  16 Triceps Kickback | **Set #1: 3X**  16 Renegade Row  16 Rotational Shoulder Press  16 Transverse Lunge | **Set #1: 3X**  16 Rotational Uppercut  16 Hammer Curl  16 Reverse Lunge with Rotation | **Set #1: 3X**  10 Squat to Overhead Raise  16 Rotational Shoulder Press  16 Reverse Lunge with Rotation | **Set #1: 3X**  16 Renegade Row  16 Hammer Curl  16 Lateral Lunge  10 Agility Balls |
| **Set #2:** **10X**  Ladder Drill: Using high knee march  50 feet Skip for Height | **Set #2: 5X**  Hurdle Drill: Using 4 or 6 inch hurdles and using pattern 1, 12, 123, 1234, etc  50 feet of Karaoke | **Set #2: 5X**  Balloon Drills: Using Challenge #1  50 feet of Run | **Set #2 10X**  Cone Drills: Challenge #1 make each letter 2x  50 feet of Sidestep | **Set #2 5X**  Medicine Ball Pass: Challenge #1  50 feet Skip for Distance |