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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **3X**15 Squat to Overhead Raise16 Lateral Lunge16 Triceps Kickback | **Set #1: 3X**16 Renegade Row16 Rotational Shoulder Press16 Transverse Lunge | **Set #1: 3X**16 Rotational Uppercut16 Hammer Curl16 Reverse Lunge with Rotation  | **Set #1: 3X**10 Squat to Overhead Raise16 Rotational Shoulder Press16 Reverse Lunge with Rotation | **Set #1: 3X**16 Renegade Row16 Hammer Curl16 Lateral Lunge10 Agility Balls  |
| **Set #2:** **10X**Ladder Drill: Using high knee march50 feet Skip for Height | **Set #2: 5X**Hurdle Drill: Using 4 or 6 inch hurdles and using pattern 1, 12, 123, 1234, etc50 feet of Karaoke | **Set #2: 5X**Balloon Drills: Using Challenge #150 feet of Run | **Set #2 10X**Cone Drills: Challenge #1 make each letter 2x50 feet of Sidestep | **Set #2 5X**Medicine Ball Pass: Challenge #150 feet Skip for Distance |