|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:** **2X, :30 sec each.**  Jump Rope  4 Square Jumps  Windmills  Russian Twist | **Set#1: 3x, :30s sec each exercise, no break.**  Jog in place  Straight Arm Jack  Heisman  High Knee arms out  Switch Kicks  Hit the Floor  Floor Hops (Side to side) | **Set #1: 2X Using an exercise ball, laying on your back**  15 Sit-Ups with feet flat on the floor  15 Sit-ups Twists  15 Sit-ups with Extended Arms | **Set #1: 3X**  **:30-sec each exercise, no break.**  Jog  Straight Arm Jacks  Jump rope s-s  High Knee arms out  Switch Kicks  Hit the Floor  Floor Hops | **Set #1: 3X**  2X Using an exercise ball laying on your stomach  15 Back Extensions  15 Core Climber  15 Prone Cobra |
| **Set #2:** **3X at: 30 sec each.**  TP Plank Switch  TP Streamline Raises  TP Push Up Throws  TP Push Up Hops  TP Leg Press  TP Side Plank Touch  TP Stand and Reach | **Set #2: 3X :30 per exercise, Then :45 sec break between sets**  **Set #2:** Switch Jumps  Squat Push Up  Wide in & Out Abs  Power Jumps  V-Push Ups (5 each leg)  **Set #3: 3X**  Pogo (R,L, alternate per round)  Power Push Up  Globe Twists/Jumps  Level 3 Drills (8 push up 8 floor sprints)  2 Lunge 2 Squat Hops  **Set #4: 3x**  Side Push ups  Kick Stand touch floor or Superman take off  8 Power keen 8 Diamond Jumps  Balance 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 foot  4th time: On left foot. | **Set #2: 1X**  **:30 for each exercise. No break till finished.**  High/Low Jab  Football run 4 sec then hold low plank 4 sec  Basketball Jumps (4) then hop to other side  Right Kicks  Left Kicks  Diamond Jumps  In&Out abs (4) push up jacks (4)  Burpees  High Knee Jog, floor sprints  Ski Abs  Left Kick & Step back  Right Kick & Step Back  Squat Twists  River Hops  Attack 2 per side  Power Knee  Ski Hooks  Belt Kicks  Fwd/back Suicides  Oblique Push ups  Plank Punches  8 High Jump 8 Hop Squats  Low Squat Speed Bag | **Set #2 5X**  Cone Drills: Challenge #2 Make each letter 2x  25 feet of Sidestep |