**Monday Push-up 15-20 Shoulder w/bands 3x10 3x10 on jumps**

Small shoulder circles forward 45 sec

Small shoulder circles backward 45 sec

Big circles forward 45 sec

Big circles backward 45 sec

1. Regular Push-up

1. Split Jumps ***ALWAYS WARM-UP 1ST***

2. Wide push-up

2. Squat jumps

3. Military push-up

3. Side-to-side box or curb hops

4. Decline push-up (prop your feet on a chair)

4. Vertical jumps (one step and jump and touch something as high as you can)

**Stretch**

**Tuesday Conditioning/Explosiveness 4 ROUNDS TOTAL**

Pull-ups 3-5 reps

Burpees 10 reps

Body weight speed squats 30 reps

Jump rope 1 min.

1 foot big jumps 10 per side

*Do 1 round without stopping. Wait 1-2 mins and then repeat.*

**CORE**

**2 sets of each**

Plank series

45 sec holds

Standard right side left side

**STRETCH**

**Wednesday LEGS/Explosiveness**

Squats 3x20

Push ups 3x15

Front lunges 1 min

Burpees 3x8

Back Lunges 1min

Planks 3x30 secs

Side or slide lunges 1min

Sit ups 3x20

Step behind side lunges 1min

**STRETCH**

**Thursday**

Shuffles 3x20

Cone Series

Skaters (jump from left to right one foot jump and the other lands)

Both feet hops

Single foot hops

Lunge Series 3x15

Front

Back

45 angle

side