

The
ULTIMATE
Bodyweight Training
Program

No Equipment = No Problem



Bodyweight workouts can have a major impact on a athletes strength and stamina without the addition of weights. The subsequent workouts will serve as education on how to perform some basic movements and examine several ways to include some beneficial and fun exercises into athletes's lives to help them develop strength, endurance, body control, core stability, coordination, and much more.

The following workouts are designed to start with basic movements and progress to more advanced movements – but only once we have mastered the movement patterns. Our main movement patterns we want to achieve as the squat, RDL, lunge, push up, and pull up. These movements are the foundation all most all athletic movements. They require strength, stability, mobility, coordination, and balance. Once these movement are mastered we will start to progress with some external resistance (MedBalls) and speed of movement (jumps). Being able to move in these positions first is vital. Once we can get in the correct positions and stabilize there, then we can start adding resistance in appropriate loads. If we can't support the correct positions then we're just adding load to dysfunction... a recipe for disaster and injury.

Let's look at the exercises and make sure we're doing them correctly. As always, let us know if you have any questions!

Thank you for trusting ONEighty Athletics!

Train Hard,

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WORKOUT INSTRUCTIONS

This program is a 5 day a week program.

MON: **DAY 1**, TUES: **DAY 2**, WEN: **MOBILITY**, THURS: **DAY 4**, FRI: **DAY 5**

If you do NOT have a piece of equipment, no problem, see substitutions below. Think outside the box! No cones use books, No medball fill a bag with clothes, No jump rope use a fake one...

Be sure to do the warm up each day before beginning the workout. This is vital and should NOT be skipped.

Equipment needed:

Tennis Ball (Any ball that bounces)

Medball (use any weighted object to mimic the movement. 10 LB plate or filled book bag)

Jump Rope (FAKE IT! you do not need a jump rope, mimic the movement as if you had one)

Pull Up Bar (a board / edge in the garage, just be smart and make sure it supports your weight)

Box/Elevated Platform for Box Jump (any stairs or chair)

Once the warm up is done move on to the hand eye coordination portion of the workout. This is not only good for the obviously reasons when we're talking athletics but the cognitive processes involved in concentrating is great to "warm up" the brain and essentially "wake up" the Central Nervous System.

[Hand Eye Coordination Playlist](#)

Moving on to the Jump Rope portion of the workout we want to work on coordination and rhythm of the body. This is something every athlete needs. This is a great way to provide some coordination and rhythm between the upper body and the lower body, but also a very low impact plyometric activity. There is a lot of "bang for your buck" with regards to jumping rope at this age.

[Jump Rope Playlist](#)

When choosing a MedBall weight, we tend to err on the lighter side. Each athlete is at different stages of development so it's hard to give an absolute weight. I would start with nothing lower than a 6-pound MB and nothing higher than a 20-pound MB. Perform each rep

with the highest great speed and intensity but as always be cognizant of technique and form. Take 1-2 minutes between each set to recover fully and maximize power.

[Medball Playlist](#)

Continue maximum speed during the Sprint section. Each sprint should be performed maximally with 1-2 minutes (or more) of recovery between sets. You should not be out of breath when performing a rep.

[Speed and Jumps How To Playlist](#)

Each exercise in the Exercise Section should be done with extreme attention to detail and technique. Be stubborn in performing the exercises correctly. Each exercise is built to establish functional movement in basic human movement and athletic development. As discussed above, we're training MOVEMENTS, not muscles or maxes. Being good at the movement and having the strength and stability to maintain the movements is imperative. Do not sacrifice doing these correctly.

[Workout Training Program](#)

Finishing up with ABS... your "core", contrary to popular belief, is a transferor of force, not a producer of force. You will find we do A LOT of stability type exercises. We do this for a reason... We want to be a strong, stable core FIRST. Being able to hold a Plank, eventually a weighted Plank, is vital to the developmental process of any athlete. We continue to do planks with all of our high school, college, and professional athletes because it is that important and often neglected. Continue to attack the stability, anti-extension, and anti-rotational exercises we have planned for the athlete. These exercises will save backs in the future... I promise!

[Core Stability Playlist](#)

Finish it off with the stretches we have laid out here...

[Full Body Stretching Routine](#)

- Forearm Stretches
- Pec Stretch
- Wall Lat Stretch
- 3-Level Crossbody Stretch
- Side Lying Snow Angel
- Calf Stretch
- 3-Way Band Hamstring Stretches
- Kneeling Hip Flexor/Quad Stretch
- Frog Stretch
- Upper Body Clam Shells

The

Warm ups

Stationary & Dynamic

We provide a wide variety of warm up options. Pick 1 that fits your time and space best. Some athletes have access to a field, court, or garage where moving works. If you do NOT have space, implement one of our stationary warm ups.

ALL warm ups are 5 minutes long besides the Game Ready Warm Up. (10-12 min)



Stationary

Full Body Isometric Focused

WATCH VIDEO HERE

(All Holds are between 20-30 secs)

1.Squat

***2.Lunge Hold w/i Hamstring &
Glute Focus***

***3.Lunge Hold w/i Ankle, Knee, &
Quad Focus***

=Switch to Left Leg=

***4.Lateral Lunge =Switch to Left
Side=***

5.Push Up Shoulder Tap

6.Iso Y,T,W's

Stationary

Lower Body Focused (5 Min)

WATCH VIDEO HERE

1.) Standing Knee Hugs R/L

Iso Hold without hug 2x per leg

2.) Wide Hip Hinge x10

3.) 3 Way Kneeing Lunge

Forward, 45, Lateral

4.) Bear Position Calf Rocks x6

5.) Hip Flexor Switch x6

6.) Worlds Greatest Twist + Switch x6

7.) SL Hamstring Toe Touch x5ea

8.) 5 Second Ecc Squat.

9.) 30 Seconds ankle holds

Stationary

Lower Focused (5 Min)

WATCH VIDEO HERE

- 1. Knee Hug to Lunge x5 Each Leg***
- 2. Hamstring Toe Touch x5 Each Leg***
- 3. Hamstring Kicks x5 Each Leg (Do stationary)***
- 4. Knee Hold x10 Sec Each Leg***
- 5. Foot Hold x10 Sec Each Leg***
- 6. Opposite Quad Hold x 10 Sec Each Leg***
- 7. Single Leg Squats x5 Each Leg***
- 8. Angles in the Snow x5 Each Leg***
- 9. Double Leg Bridge x5 (Hold 3 seconds at the top)***
- 10. Bootstrap x5***

Stationary

Upper Focused (5 Min)

WATCH VIDEO HERE

3 Types of Push ups

- 1. Close Grip Plyo to Wide Grip Eccentric x5***
- 2. Regular Iso Hold 5 second hold x5***
- 3. Regular push up x5***

Lat Stretch

- 1. Double x10 Seconds***
- 2. SA x 10 Seconds ea***
- 3. Touch shoulder for x5 ea***

Kneeling

- 1. Arm circles small to bigs (forward and back) x 10 each***
- 2. Hugs Alt. Arm x 10 each***

Quicks (Push up position)

- 1. 20 seconds Over/ Over- Back/Back***

THE FOLLOWING WARM-UP WILL PREPARE YOUR BODY TO TRAIN AT THE HIGHEST LEVEL.

PRIOR TO ALL EXERCISE SESSIONS WHETHER IT IS STRENGTH TRAINING, CONDITIONING, SPEED TRAINING, OR AGILITIES, A COMPLETE WARM-UP AND FLEXIBILITY SESSION MUST BE COMPLETED. A PROPER WARM-UP WILL:

- 1. PREPARE THE MAJOR JOINTS FOR STRENUOUS ACTIVITY THROUGH ALL RANGES OF MOTION**
- 2. INCREASE THE BODY'S INTERNAL BODY TEMPERATURE PRIOR TO TRAINING**
- 3. PROTECT AGAINST INJURY BY IMPROVING THE RANGE OF MOTION WITHIN THE MUSCLES AND THE JOINTS**
- 4. IS SPECIFIC TO THE WORKOUT OR SPORT YOU ARE PREPARING TO DO**
- 5. MENTALLY PREPARE AN ATHLETE FOR THE TRAINING THAT IS ABOUT TO BE DONE**
- 6. PRE-HEAT THE MUSCLES SO THAT YOU CAN OBTAIN MAXIMUM BENEFITS FROM THE PRE-WORKOUT STRETCH**
- 7. INCREASES BLOOD FLOW. INCREASE IN OXYGEN SUPPLY**
- 8. STIMULATE THE CENTRAL NERVOUS SYSTEM**
- 9. REDUCES THE TIME OF MOTOR REACTIONS**
- 10. IMPROVES COORDINATION WHICH IMPROVES MOTOR PERFORMANCE**

BEFORE STARTING YOUR STRENGTH-TRAINING WORKOUT, RUNNING WORKOUT OR GAME, COMPLETE THE FOLLOWING WARM-UP EXERCISES.

THIS WARM-UP INVOLVES FLEXIBILITY EXERCISES WHILE DOING SPORT SPECIFIC MOVEMENTS. THE MOVEMENTS USED ARE SPECIFIC TO THE SPORT AND THE WORKOUT PROGRAM.

[VIDEO OF GAME READY WARM UP](#)

VIDEO OF GAME READY WARM UP

1. GENERAL WARM UP

JUMPING JACKS	X10
SQUAT & HOLD	X10

2. DYNAMIC WARM UP

A. KNEE HUG TO LUNGE	10 X10
B. WALKING HAMSTRING	10 X10
C. OPPOSITE QUAD	10 X10
D. INCHWORM PUSHUP	10 X10

3. SPEED DYNAMICS

A. A-WALK	10 X10
B. A-MARCH	10 X10
C. HIGH KNEES	5 X15
D. HIGH KNEES ON COMMAND	5 X15

4. STATIC STRETCH

A. FEET TOGETHER HAMSTRING	X10SECS
B. SPREAD YOUR LEGS APART	
MIDDLE	X10SECS
RIGHT	X10SECS
LEFT	X10SECS
C. KNEE DOWN LUNGE POSITION STRETCH	
RIGHT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS
LEFT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS

5. FEET QUICKS

A. SIDE TO SIDE (2 FT)	X10SECS
B. FRONT TO BACK (2 FT)	X10SECS
C. SINGLE LEG SIDE TO SIDE	X10SECS, 5EA
D. SINGLE LEG FRONT TO BACK	X10SECS, 5EA

6. LATERAL ACCELERATION (PUSH TO MOVE)

A. SLOW SHUFFLE FACING RIGHT	10 X10
B. SLOW SHUFFLE FACING LEFT	10 X10
C. QUICK SHUFFLE FACING RIGHT	10 X10
D. QUICK SHUFFLE FACING LEFT	10 X10
E. WHISTLE REACTION SHUFFLE RIGHT	10 X10
F. WHISTLE REACTION SHUFFLE LEFT	10 X10

7. LINEAR SPEED

A. RIGHT LEG FORWARD	10 X10
B. LEFT LEG FORWARD	10 X10
C. SEATED RIGHT TURN	10 X10
D. SEATED LEFT TURN	10 X10

Dynamic

#2 WATCH VIDEO HERE

(I use 20 yards | athlete performs the exercise for 10 then sprints)

- 1.Knee Hug to Lunge
- 2.High Knees
- 3.Lateral Power Step (right turn)
- 4.Lateral Power Step (Left Turn)
- 5.Walking Hamstring Stretch
- 6.Butt Kicks
- 7.Push Up Starts
- 8.On Butt Get Ups (Right Turn)
- 9.Sprint to Buzz Feet-Up Down
- 10.Sprint to Buzz Feet-Up Down

Dynamic

#3 WATCH VIDEO HERE

(I use 20 yards | athlete performs the exercise for 10 then sprints)

- 1.Knee Hug to Lunge
- 2.High Knees
- 3.Backward Lunge (right turn)
- 4.Butt Kicks
- 5.Walking Hamstring Stretch
- 6.Lateral Power Step (right turn)
- 7.Hamstring Toe Touches
- 8.Lateral Power Step (Left Turn)
- 9.Front to Back Quicks then 20 yard burst
- 10.Side to Side Quicks then 20 yard burst

WEEK 1				
DAY 1 VIDEO PLAYLIST				
WARM UP	WEEK 1			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	10EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	2	x	6EA	
MB SLAM	2	x	10	
JAMS	2	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	2	x	5	
BODYWEIGHT LUNGE	2	x	10EA	
GLUTE BRIDGE	2	x	15	
INVERTED ROW	2	x	8	
PUSH UP	2	x	10	
MB RDL	2	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:30s	
PUSH UP CHEST TOUCH	3	x	8EA	

WEEK 1				
DAY 3 VIDEO PLAYLIST				
WARM UP	WEEK 1			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:20S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	2	x	10	
HALF KNEELING MB SIDE TOSS	2	x	5EA	
KNEELING LATERAL PUSH TOSS	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	2	x	5	
BODYWEIGHT SQUAT	2	x	15	
DOUBLE LEG ASSISTED PULL UP	2	x	10	
PUSH UP	2	x	8	
LATERAL LUNGE	2	x	10EA	
SUMO T-SPINE	2	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	1	x	:10s EA	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:20s EA	
1 HAND PLANK	3	x	:10s EA	

DAY 2 VIDEO PLAYLIST				
WARM UP	WEEK 1			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:30	
Mt. Climbers	2	x	:30	
Push-Up Chest Touch	2	x	:30	
Lateral Lunge	2	x	:30	
Plank	2	x	:30	
Iso Hold w/ T-Spine	2	x	:30	
Bear Hold	2	x	:30	
Push-Ups	2	x	:30	
Lunge Jumps	2	x	:30	
Bodyweight Abs	2	x	:30	
Bodyweight Lunge	2	x	:30	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

DAY 4 VIDEO PLAYLIST				
WARM UP	WEEK 1			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:30	
Scap Push-Up	2	x	:30	
Squat Jumps	2	x	:30	
Glute Bridge Hip Pivot (R)	2	x	:30	
Glute Bridge Hip Pivot (L)	2	x	:30	
Twisters Jump Rope	2	x	:30	
T-Pushups	2	x	:30	
Lateral Lunge	2	x	:30	
Side Plank (L/R)	2	x	:30	
Side Plank (L/R)	2	x	:30	
Hand Walks	2	x	:30	
Lateral Hurdle Hops	2	x	:30	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				



Day 3 - Mobility Day

*No Lax Ball or Foam Roll Skip to Dynamic Mobility

<u>LAX BALL FEET (5 min each foot)</u> *4:32 of video		
Mid Foot	Heel	Toes
<u>FOAM ROLL LOWER (10 minutes)</u>		
	IT Band Quads Groin Glutes	Hamstrings Calves Low Back
<u>FOAM ROLL UPPER (10 minutes)</u>		
	T Spine Scaps Pecs	Biceps Triceps Forearm
<u>DYNAMIC MOBILITY (10 minutes)</u>		
<u>Rocking Groin Stretch</u>	<u>Side Lying Windmill</u>	
<u>In/Out the Window</u>	<u>Lat Stretch</u>	
<u>Fire Hydrants</u>	<u>Cat/Camel</u>	
<u>Clam Shells</u>	<u>Kneeling Ankle Mobility</u>	
<u>YOGA HOLDS (1 minute each hold each side)</u>		
<u>Lunge and Reach</u>	<u>RDL Hold</u>	
<u>Pigeon + Quad Stretch</u>	<u>Frog Hold</u>	
<u>BAND STRETCH (Prolonged Holds - 1 min. each hold each side)</u>		
	<u>Lying Wall</u>	
<u>Hip Flexor Distraction</u>	<u>Splits</u>	
<u>Hamstring Distraction</u>	<u>Banded Leg Swings x 5-10ea</u>	
<u>Pigeon Distraction</u>		

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WEEK 2				
DAY 1				
WARM UP	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	20EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	3	x	6EA	
MB SLAM	3	x	10	
JAMS	3	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	3	x	5	
BODYWEIGHT LUNGE	3	x	10EA	
GLUTE BRIDGE	3	x	15	
INVERTED ROW	3	x	8	
PUSH UP	3	x	10	
MB RDL	3	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:45s	
PUSH UP CHEST TOUCH	3	x	10EA	

DAY 2				
WARM UP	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:40	
Mt. Climbers	2	x	:40	
Push-Up Chest Touch	2	x	:40	
Lateral Lunge	2	x	:40	
Plank	2	x	:40	
Iso Hold w/ T-Spine	2	x	:40	
Bear Hold	2	x	:40	
Push-Ups	2	x	:40	
Lunge Jumps	2	x	:40	
Bodyweight Abs	2	x	:40	
Bodyweight Lunge	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 2				
DAY 3				
WARM UP	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:25S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	3	x	10	
HALF KNEELING MB SIDE TOSS	3	x	5EA	
KNEELING LATERAL PUSH TOSS	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	3	x	5	
BODYWEIGHT SQUAT	3	x	15	
DOUBLE LEG ASSISTED PULL UP	3	x	10	
PUSH UP	3	x	8	
LATERAL LUNGE	3	x	10EA	
SUMO T-SPINE	3	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	1	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:30s EA	
1 HAND PLANK	3	x	:20s EA	

DAY 4				
WARM UP	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:40	
Scap Push-Up	2	x	:40	
Squat Jumps	2	x	:40	
Glute Bridge Hip Pivot (R)	2	x	:40	
Glute Bridge Hip Pivot (L)	2	x	:40	
Twisters Jump Rope	2	x	:40	
T-Pushups	2	x	:40	
Lateral Lunge	2	x	:40	
Side Plank (L/R)	2	x	:40	
Side Plank (L/R)	2	x	:40	
Hand Walks	2	x	:40	
Lateral Hurdle Hops	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3				
DAY 1				
WARM UP	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
WARM UP	WEEK 3			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:50	
Mt. Climbers	2	x	:50	
Push-Up Chest Touch	2	x	:50	
Lateral Lunge	2	x	:50	
Plank	2	x	:50	
Iso Hold w/ T-Spine	2	x	:50	
Bear Hold	2	x	:50	
Push-Ups	2	x	:50	
Lunge Jumps	2	x	:50	
Bodyweight Abs	2	x	:50	
Bodyweight Lunge	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 3				
DAY 3				
WARM UP	WEEK 3			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	8	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	1	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 4				
WARM UP	WEEK 3			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:50	
Scap Push-Up	2	x	:50	
Squat Jumps	2	x	:50	
Glute Bridge Hip Pivot (R)	2	x	:50	
Glute Bridge Hip Pivot (L)	2	x	:50	
Twisters Jump Rope	2	x	:50	
T-Pushups	2	x	:50	
Lateral Lunge	2	x	:50	
Side Plank (L/R)	2	x	:50	
Side Plank (L/R)	2	x	:50	
Hand Walks	2	x	:50	
Lateral Hurdle Hops	2	x	:50	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4				
DAY 1				
WARM UP	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
BASIC BOUNCE	5	x	:60S	
MB THROWS	SETS	x	REPS	WEIGHT
MB SIDE TOSS (FRONT)	4	x	6EA	
MB SLAM	4	x	10	
JAMS	4	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
ALTITUDE LANDING	4	x	5	
BODYWEIGHT LUNGE	4	x	10EA	
GLUTE BRIDGE	4	x	15	
INVERTED ROW	4	x	8	
PUSH UP	4	x	10	
MB RDL	4	x	15	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
PLANKS	3	x	:60s	
PUSH UP CHEST TOUCH	3	x	12EA	

DAY 2				
WARM UP	WEEK 4			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	2	x	:60	
Mt. Climbers	2	x	:60	
Push-Up Chest Touch	2	x	:60	
Lateral Lunge	2	x	:60	
Plank	2	x	:60	
Iso Hold w/ T-Spine	2	x	:60	
Bear Hold	2	x	:60	
Push-Ups	2	x	:60	
Lunge Jumps	2	x	:60	
Bodyweight Abs	2	x	:60	
Bodyweight Lunge	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 4				
DAY 3				
WARM UP	WEEK 4			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
DOUBLE HANDED DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
SIDE TO SIDE, FRONT TO BACK	3	x	:30S EA	
MB THROWS	SETS	x	REPS	WEIGHT
MB CHEST PASS	4	x	10	
HALF KNEELING MB SIDE TOSS	4	x	5EA	
KNEELING LATERAL PUSH TOSS	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP OVER CONE	4	x	5	
BODYWEIGHT SQUAT	4	x	15	
DOUBLE LEG ASSISTED PULL UP	4	x	10	
PUSH UP	4	x	10	
LATERAL LUNGE	4	x	10EA	
SUMO T-SPINE	4	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	1	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
SIDE PLANK	3	x	:40s EA	
1 HAND PLANK	3	x	:30s EA	

DAY 4				
WARM UP	WEEK 4			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	2	x	:60	
Scap Push-Up	2	x	:60	
Squat Jumps	2	x	:60	
Glute Bridge Hip Pivot (R)	2	x	:60	
Glute Bridge Hip Pivot (L)	2	x	:60	
Twisters Jump Rope	2	x	:60	
T-Pushups	2	x	:60	
Lateral Lunge	2	x	:60	
Side Plank (L/R)	2	x	:60	
Side Plank (L/R)	2	x	:60	
Hand Walks	2	x	:60	
Lateral Hurdle Hops	2	x	:60	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

*Exercises change for Day 1 & 3. Watch video playlist

WEEK 5				
DAY 1 VIDEO PLAYLIST				
WARM UP	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	30EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:20s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	2	x	6EA	
SHOT PUT	2	x	6EA	
ALTERNATING MB SLAM	2	x	10EA	
CHEST PASS SHUFFLE	2	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	2	x	5	
MB LUNGE	2	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	2	x	5EA	
FEET ELEVATED INVERTED ROW	2	x	8	
FEET ELEVATED PUSH UP	2	x	10	
SINGLE LEG MB RDL	2	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:30s	
STIR THE POT (MB)	3	x	8EA	

DAY 2 VIDEO PLAYLIST				
WARM UP	WEEK 5			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:30	
Mt. Climbers	3	x	:30	
Push-Up Chest Touch	3	x	:30	
Lateral Lunge	3	x	:30	
Plank	3	x	:30	
Iso Hold w/ T-Spine	3	x	:30	
Bear Hold	3	x	:30	
Push-Ups	3	x	:30	
Lunge Jumps	3	x	:30	
Bodyweight Abs	3	x	:30	
Bodyweight Lunge	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 5				
DAY 3 VIDEO PLAYLIST				
WARM UP	WEEK 5			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	1	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:20S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	2	x	5EA	
MB SIDE TOSS (SIDE)	2	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	2	x	6EA	
FIGURE 8	2	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	2	x	5	
MB SQUAT	2	x	15	
SPEED SKATER (SINGLE RESPONSE)	2	x	6EA	
SINGLE LEG ASSISTED PULL UP	2	x	4EA	
FEET ELEVATED PUSH UP	2	x	8	
KNEELING T-SPINE	2	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	2	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:20s EA	
MB SIDE PLANK	3	x	:20s EA	

DAY 4 VIDEO PLAYLIST				
WARM UP	WEEK 5			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:30	
Scap Push-Up	3	x	:30	
Squat Jumps	3	x	:30	
Glute Bridge Hip Pivot (R)	3	x	:30	
Glute Bridge Hip Pivot (L)	3	x	:30	
Twisters Jump Rope	3	x	:30	
T-Pushups	3	x	:30	
Lateral Lunge	3	x	:30	
Side Plank (L/R)	3	x	:30	
Side Plank (L/R)	3	x	:30	
Hand Walks	3	x	:30	
Lateral Hurdle Hops	3	x	:30	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6				
DAY 1				
WARM UP	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	40EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	3	x	6EA	
SHOT PUT	3	x	6EA	
ALTERNATING MB SLAM	3	x	10EA	
CHEST PASS SHUFFLE	3	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	3	x	5	
MB LUNGE	3	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	3	x	5EA	
FEET ELEVATED INVERTED ROW	3	x	8	
FEET ELEVATED PUSH UP	3	x	10	
SINGLE LEG MB RDL	3	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	2	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:45s	
STIR THE POT (MB)	3	x	10EA	

DAY 2				
WARM UP	WEEK 6			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:40	
Mt. Climbers	3	x	:40	
Push-Up Chest Touch	3	x	:40	
Lateral Lunge	3	x	:40	
Plank	3	x	:40	
Iso Hold w/ T-Spine	3	x	:40	
Bear Hold	3	x	:40	
Push-Ups	3	x	:40	
Lunge Jumps	3	x	:40	
Bodyweight Abs	3	x	:40	
Bodyweight Lunge	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 6				
DAY 3				
WARM UP	WEEK 6			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:30S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	3	x	5EA	
MB SIDE TOSS (SIDE)	3	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	3	x	6EA	
FIGURE 8	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	3	x	5	
MB SQUAT	3	x	15	
SPEED SKATER (SINGLE RESPONSE)	3	x	6EA	
SINGLE LEG ASSISTED PULL UP	3	x	4EA	
FEET ELEVATED PUSH UP	3	x	8	
KNEELING T-SPINE	3	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	2	x	:20s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:30s EA	
MB SIDE PLANK	3	x	:30s EA	

DAY 4				
WARM UP	WEEK 6			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:40	
Scap Push-Up	3	x	:40	
Squat Jumps	3	x	:40	
Glute Bridge Hip Pivot (R)	3	x	:40	
Glute Bridge Hip Pivot (L)	3	x	:40	
Twisters Jump Rope	3	x	:40	
T-Pushups	3	x	:40	
Lateral Lunge	3	x	:40	
Side Plank (L/R)	3	x	:40	
Side Plank (L/R)	3	x	:40	
Hand Walks	3	x	:40	
Lateral Hurdle Hops	3	x	:40	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7				
DAY 1				
WARM UP	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	1	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
WARM UP	WEEK 7			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:50	
Mt. Climbers	3	x	:50	
Push-Up Chest Touch	3	x	:50	
Lateral Lunge	3	x	:50	
Plank	3	x	:50	
Iso Hold w/ T-Spine	3	x	:50	
Bear Hold	3	x	:50	
Push-Ups	3	x	:50	
Lunge Jumps	3	x	:50	
Bodyweight Abs	3	x	:50	
Bodyweight Lunge	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 7				
DAY 3				
WARM UP	WEEK 7			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	4	x	5EA	
MB SIDE TOSS (SIDE)	4	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	4	x	6EA	
FIGURE 8	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	4	x	5	
MB SQUAT	4	x	15	
SPEED SKATER (SINGLE RESPONSE)	4	x	6EA	
SINGLE LEG ASSISTED PULL UP	4	x	4EA	
FEET ELEVATED PUSH UP	4	x	8	
KNEELING T-SPINE	4	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	2	x	:25s Ea	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:40s EA	
MB SIDE PLANK	3	x	:40s EA	

DAY 4				
WARM UP	WEEK 7			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:50	
Scap Push-Up	3	x	:50	
Squat Jumps	3	x	:50	
Glute Bridge Hip Pivot (R)	3	x	:50	
Glute Bridge Hip Pivot (L)	3	x	:50	
Twisters Jump Rope	3	x	:50	
T-Pushups	3	x	:50	
Lateral Lunge	3	x	:50	
Side Plank (L/R)	3	x	:50	
Side Plank (L/R)	3	x	:50	
Hand Walks	3	x	:50	
Lateral Hurdle Hops	3	x	:50	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

WEEK 8				
DAY 1				
WARM UP	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
SINGLE HAND CROSSOVER DRIBBLE	2	x	50EA	
JUMP ROPE	SETS	x	REPS	REPS
TWISTERS	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
SPLIT STANCE FRONT TOSS	4	x	6EA	
SHOT PUT	4	x	6EA	
ALTERNATING MB SLAM	4	x	10EA	
CHEST PASS SHUFFLE	4	x	10EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BOX JUMP	4	x	5	
MB LUNGE	4	x	10EA	
SINGLE LEG GLUTE BRIDGE (ISO HOLD FOR :03s)	4	x	5EA	
FEET ELEVATED INVERTED ROW	4	x	8	
FEET ELEVATED PUSH UP	4	x	10	
SINGLE LEG MB RDL	4	x	8EA	
FINISHER				TIME
BODYWEIGHT FINISHER	2	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (HANDS ON BALL)	3	x	:60s	
STIR THE POT (MB)	3	x	12EA	

DAY 2				
WARM UP	WEEK 8			
CIRCUIT - 3 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Squat	3	x	:60	
Mt. Climbers	3	x	:60	
Push-Up Chest Touch	3	x	:60	
Lateral Lunge	3	x	:60	
Plank	3	x	:60	
Iso Hold w/ T-Spine	3	x	:60	
Bear Hold	3	x	:60	
Push-Ups	3	x	:60	
Lunge Jumps	3	x	:60	
Bodyweight Abs	3	x	:60	
Bodyweight Lunge	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

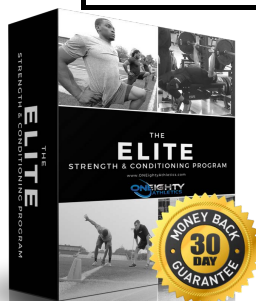
WEEK 8				
DAY 3				
WARM UP	WEEK 8			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
2 HAND CROSSOVER DRIBBLE	3	x	20	
JUMP ROPE	SETS	x	REPS	REPS
ALTERNATING BOXER	5	x	:40S	
MB THROWS	SETS	x	REPS	WEIGHT
ALTERNATING HALF KNEELING MB SIDE TOSS	4	x	5EA	
MB SIDE TOSS (SIDE)	4	x	6EA	
FRONT FACING ALTERNATING MB SIDE TOSS	4	x	6EA	
FIGURE 8	4	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
BROAD JUMP (SINGLE RESPONSE)	4	x	5	
MB SQUAT	4	x	15	
SPEED SKATER (SINGLE RESPONSE)	4	x	6EA	
SINGLE LEG ASSISTED PULL UP	4	x	4EA	
FEET ELEVATED PUSH UP	4	x	8	
KNEELING T-SPINE	4	x	6EA	
FINISHER				TIME
LOWER BODY FINISHER	2	x	:30s EA	
ABS	SETS	x	REPS	WEIGHT
MB PLANK (FEET ON BALL)	3	x	:40s EA	
MB SIDE PLANK	3	x	:40s EA	

DAY 4				
WARM UP	WEEK 8			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
Bodyweight Lunge	3	x	:60	
Scap Push-Up	3	x	:60	
Squat Jumps	3	x	:60	
Glute Bridge Hip Pivot (R)	3	x	:60	
Glute Bridge Hip Pivot (L)	3	x	:60	
Twisters Jump Rope	3	x	:60	
T-Pushups	3	x	:60	
Lateral Lunge	3	x	:60	
Side Plank (L/R)	3	x	:60	
Side Plank (L/R)	3	x	:60	
Hand Walks	3	x	:60	
Lateral Hurdle Hops	3	x	:60	
REST	1 MINUTE - REPEAT 2 MORE SETS			
POST WORKOUT CONDITIONING - SEE SHEET				

SPEED | AGILITIES | CONDITIONING

WEEK 1-8

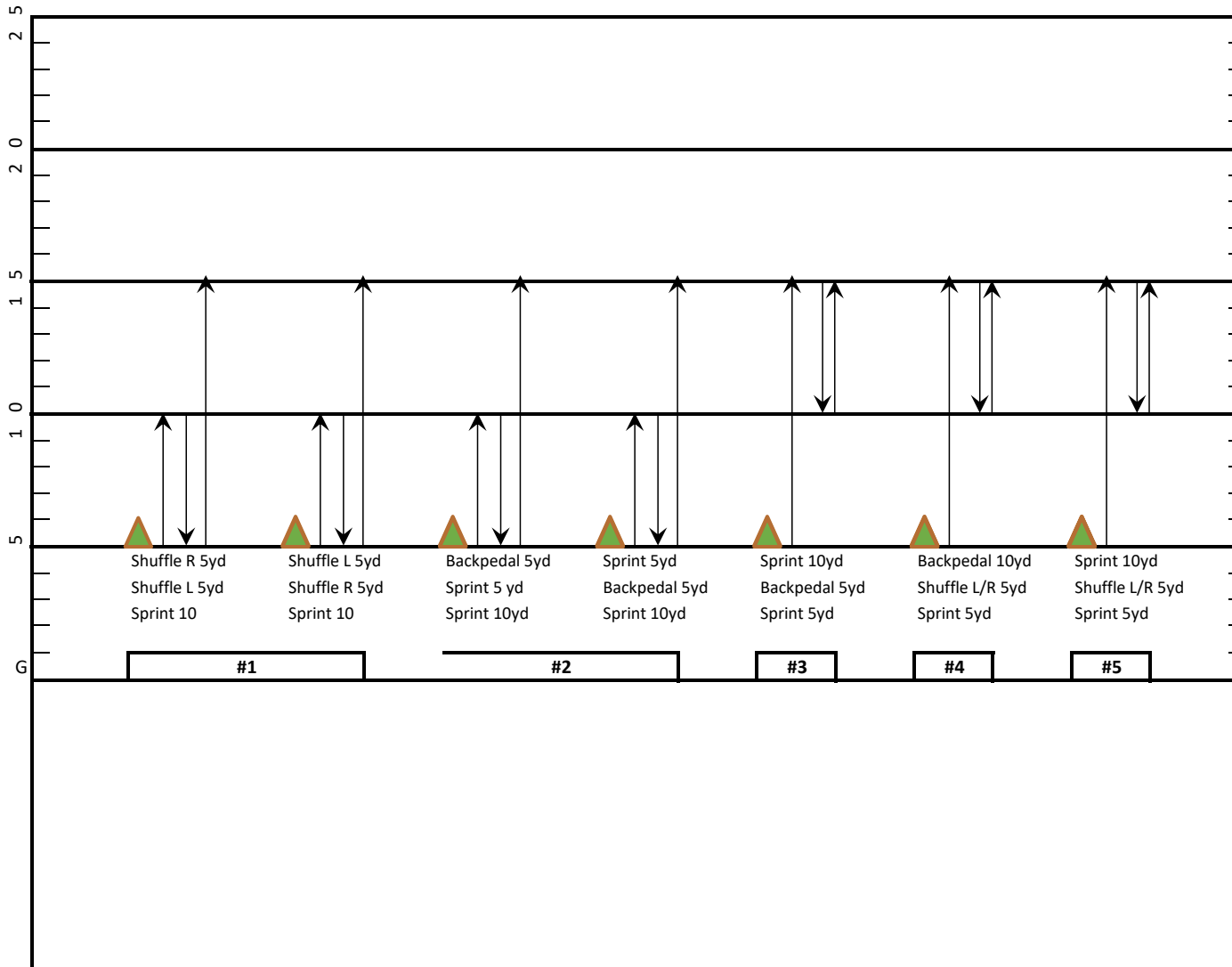
MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>1.) Speed Dynamics</p> <p>a. Kneeling Arm Action x2 (15sec)</p> <p>b. Single Exchange x2</p> <p>c. Double Exchange x2 (Make sure to get 2 reps in here. Start with R & L leg.)</p> <p>d. Triple x2</p> <p>2.) 2 Cone Agilites (2 reps ea way)</p> <p>*SEE AGILITES</p> <p>a. Sprint-Sprint</p> <p>b. Sprint- Backpedal</p> <p>c. Backpedal-Sprint</p> <p>d. Figure 8</p> <p>3.) 5x10yd Sprint (Walk Back Rest)</p> <p>1 Minute Rest between sets</p> <p>4.) **4x20yd Sprint (Walk Back Rest) 1 Minute Rest between sets Full Speed</p> <p style="text-align: center;"><u>Target Times:</u></p> <p>**Add two reps every 3 weeks</p> <p>Week 1-3 - 4 reps</p> <p>Week 4-6 - 6 reps</p> <p>Week 7,8 - 8 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 6x200m <:30-35 seconds</p> <p style="text-align: center;">or</p> <p>Run in place for 35 seconds. Follow reps below. 1:30 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u></p> <p>HARD - <:30-:35</p> <p>MOD - <:35-:40</p> <p>EASY - <:40-:45</p> <p>**Add 2 reps every 2 weeks</p> <p>Week 1-2 - 6 reps</p> <p>Week 3-4 - 8 reps</p> <p>Week 5-6 - 10 reps</p> <p>Week 7-8 - 12 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>	<p>1.) Wall Drill</p> <p>a.1 count x2 (1 ft ea)</p> <p>b.3 count x2 (1 ft ea)</p> <p>c.5 count x2 (1 ft ea)</p> <p>d.20sec ALL OUT</p> <p>2.) 5-5-10 x 2 ea way</p> <p style="padding-left: 20px;">Week 1-2 - Pattern 1</p> <p style="padding-left: 20px;">Week 3-4 - Pattern 2</p> <p style="padding-left: 20px;">Week 5-6 - Pattern 3</p> <p style="padding-left: 20px;">Week 7-8 - Pattern 4</p> <p>3.) 5-10-5 Shuttle x 2 each way</p> <p>4.) 6-10x30yd Sprint Full Speed 1:00 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u></p> <p>Full Speed</p> <p>Full Speed</p> <p>Full Speed</p> <p>Full Speed</p> <p style="text-align: center;"><u>Target Times:</u></p> <p>HARD - <:60s</p> <p>MOD - <:65s</p> <p>EASY - <:70s</p> <p>**Add one rep every 3 weeks</p> <p>Week 1-3 - 3 reps</p> <p>Week 4-6 - 4 reps</p> <p>Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>Go LIFT!</u></p>	<p>1.) After Lift</p> <p>2.) 2 x 400m Sprint (1 Lap around Track) <:60 seconds 3 Minute Rest or</p> <p>Run in place for 60 seconds. Follow reps below. 3 Minute Rest</p> <p style="text-align: center;"><u>Target Times:</u></p> <p>HARD - <:60s</p> <p>MOD - <:65s</p> <p>EASY - <:70s</p> <p>**Add one rep every 3 weeks</p> <p>Week 1-3 - 3 reps</p> <p>Week 4-6 - 4 reps</p> <p>Week 7,8 - 5 reps</p> <p style="text-align: center;"><u>STRETCH</u></p>



For A Step-By-Step Sports Performance System that
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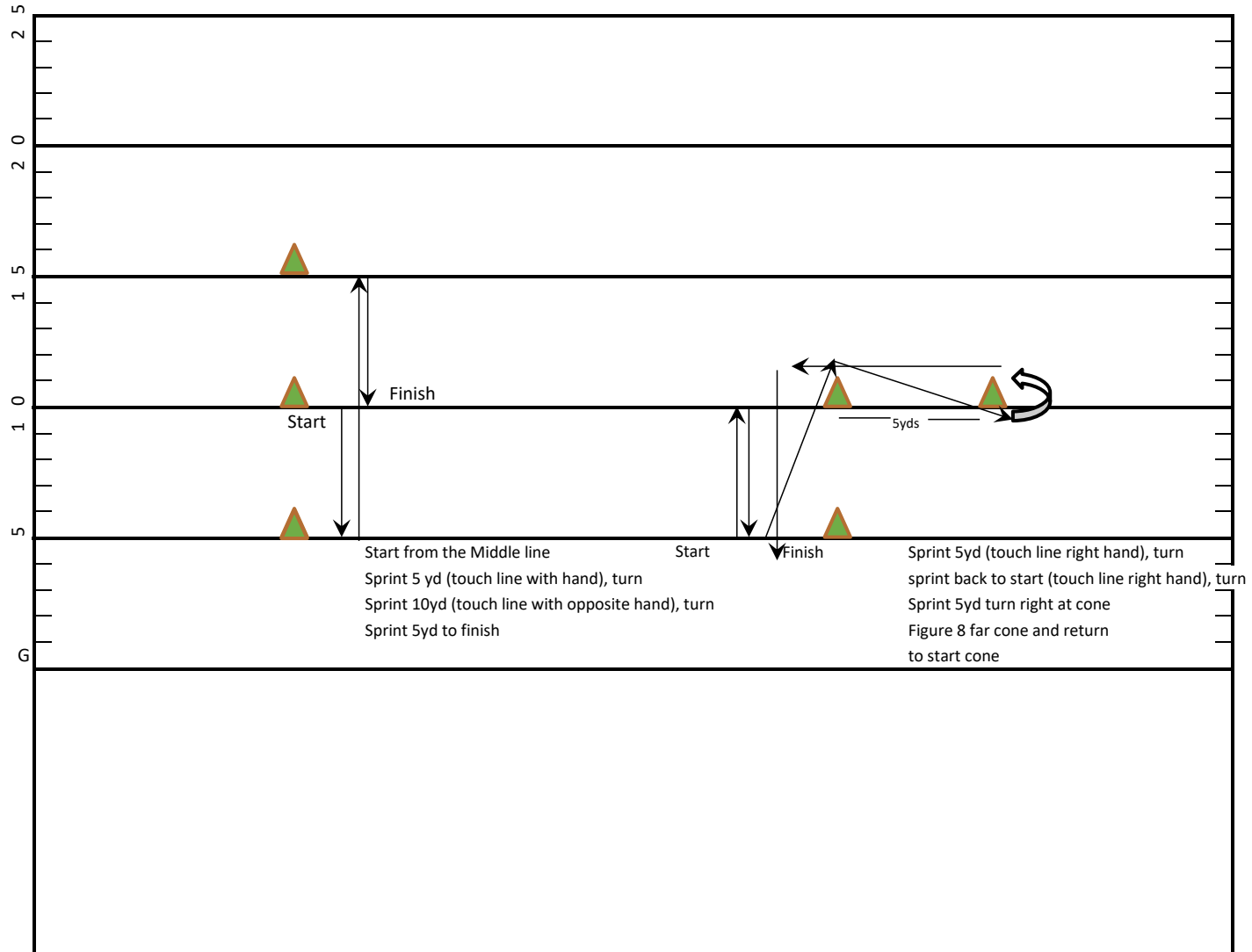
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5-5-10 LINE DRILLS

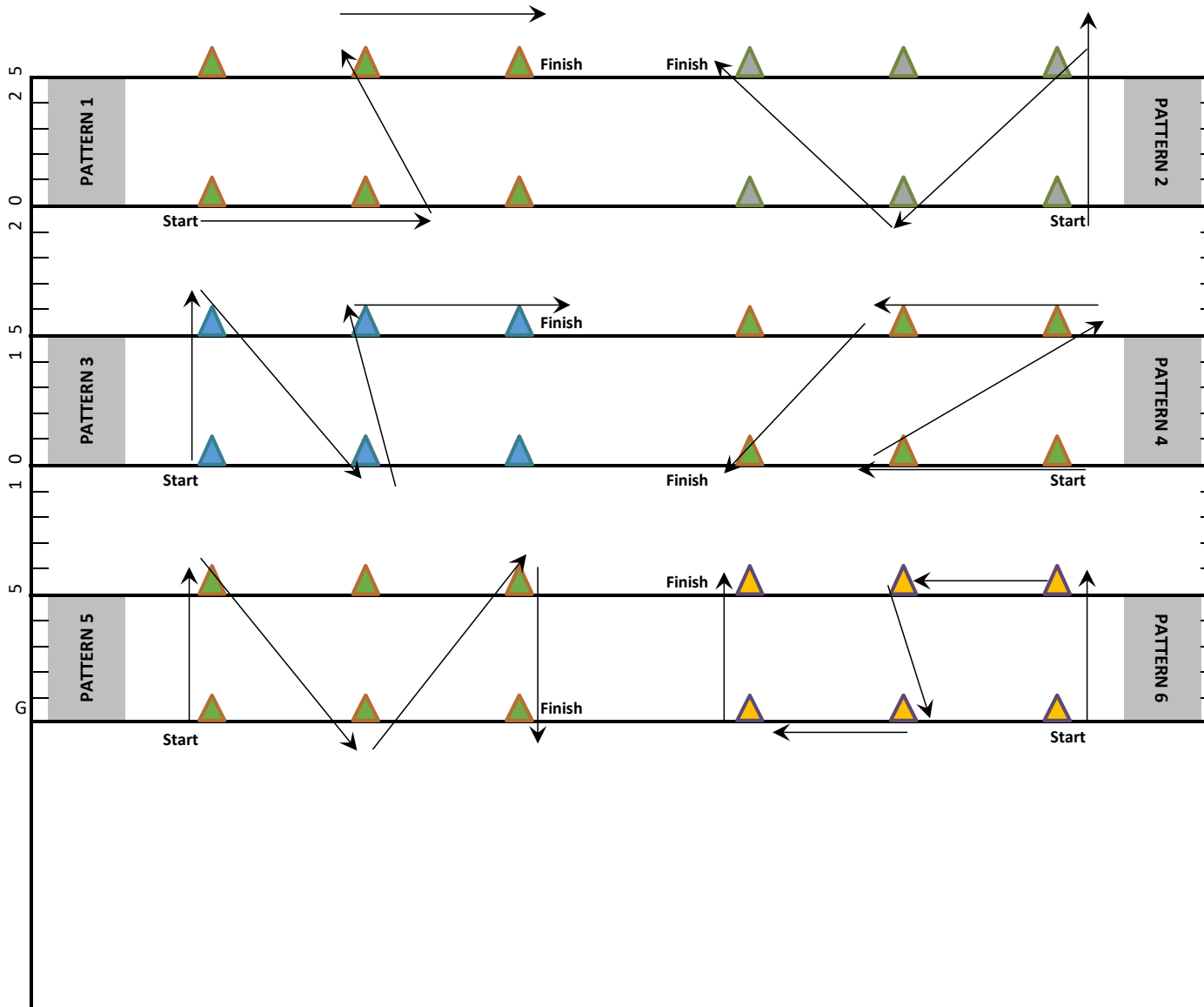


5-10-5 AGILITY

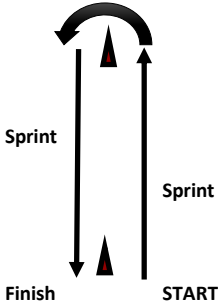
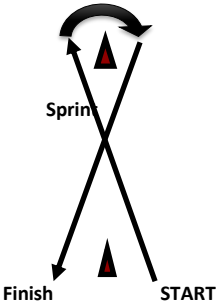
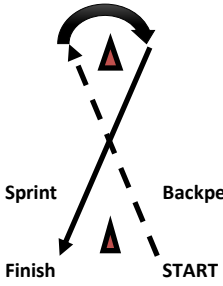
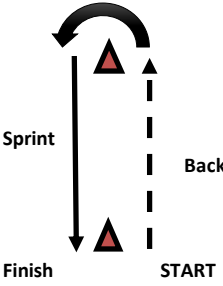
L-DRILL



6-CONE AGILITY DRILLS



2 Cone Agilities

<p style="text-align: center;">Sprint - Sprint</p>  <p>The diagram shows two cones, one on the left labeled 'Finish' and one on the right labeled 'START'. A curved arrow at the top indicates a 180-degree turn. A solid arrow points from 'START' to the top cone, and another solid arrow points from the top cone to 'Finish'. The word 'Sprint' is written next to each arrow.</p> <p>Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>	<p style="text-align: center;">Figure 8: Sprint-Sprint</p>  <p>The diagram shows two cones, one on the left labeled 'Finish' and one on the right labeled 'START'. A curved arrow at the top indicates a 180-degree turn. A solid arrow points from 'START' to the top cone, and another solid arrow points from the top cone to 'Finish'. A second solid arrow points from 'Finish' to the top cone, and a second solid arrow points from the top cone to 'START', forming an 'X' shape. The word 'Sprint' is written next to each arrow.</p> <p>Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>
<p style="text-align: center;">Figure 8: Backpedal - Sprint</p>  <p>The diagram shows two cones, one on the left labeled 'Finish' and one on the right labeled 'START'. A curved arrow at the top indicates a 180-degree turn. A solid arrow points from 'START' to the top cone, and another solid arrow points from the top cone to 'Finish'. Dashed arrows point from 'Finish' to the top cone and from the top cone to 'START'. The word 'Sprint' is written next to the solid arrows, and 'Backpedal' is written next to the dashed arrows.</p> <p>Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start</p>	<p style="text-align: center;">Backpedal-Sprint</p>  <p>The diagram shows two cones, one on the left labeled 'Finish' and one on the right labeled 'START'. A curved arrow at the top indicates a 180-degree turn. A solid arrow points from 'START' to the top cone, and another solid arrow points from the top cone to 'Finish'. A dashed arrow points from 'Finish' to the top cone, and another dashed arrow points from the top cone to 'START'. The word 'Sprint' is written next to the solid arrows, and 'Backpedal' is written next to the dashed arrows.</p> <p>Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start</p>