

MEDICINE BALL

Station 1

10 Wood Chops (RIGHT)

10 Wood Chops (LEFT)

10 Squat Free Throws (RIGHT)

10 Squat Free Throws (LEFT)

10 Squat Press to Jump

25 Mountain Climbers

REPEAT

Ladder Drills (One)

Station 2

****BETWEEN SETS: 10 Mtn Climbers****

3 Feet in Each Box

Bunny Hops

Hop 2 Forward / 1 back

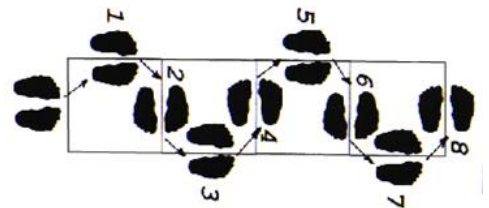
2 in 1 out

2 Foot Hop Scotch (In/Out)

Slalom: One Side of Ladder



2 Foot Mogul (Straight Outside/Sideways Inside)



Finish Time with Jumping Jacks

Ladder Drills (One)

Station 6

****BETWEEN SETS: 10 Mtn Climbers****

3 Feet in Each Box

Bunny Hops

Hop 2 Forward / 1 back

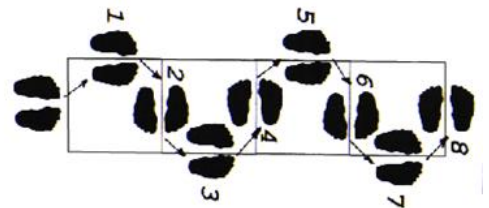
2 in 1 out

2 Foot Hop Scotch (In/Out)

Slalom: One Side of Ladder



2 Foot Mogul (Straight Outside/Sideways Inside)



Finish Time with Jumping Jacks

Body Weight Lower

Station 3

10 Star Jumps

10 Front/Reverse Lunge (RIGHT)

10 Front/Reverse Lunge (LEFT)

10 Side Lunges (Right/Left)

10 Pride and Perfection

10 Split Lunge

25 Jumping Jacks

REPEAT

Cardio 1

Station 4

10 Alternating Lunges

1 Sprint

15 180° Squat Jumps

2 Sprints

20 Jumping Jacks

3 Sprints

20 Jumping Jacks

2 Sprints

15 180° Squat Jumps

1 Sprint

10 Alternating Lunges

25 Mountain Climbers

REPEAT

Partner Medicine Ball

Station 5

20 Sit Ups Passing Ball

15 Front Plank Push Ups

15 Seated Twist - Pass Ball (Repeat)

20 Individual Ab Push Throughs

REPEAT

Ladder Drills (Two)

Station 6

****BETWEEN SETS: 10 Mtn Climbers****

Side Shuffle Lead Foot In/Out (Right Side)

Side Shuffle Lead Foot In/Out (Left Side)

Side Shuffle 2 in 2 out (Right Side)

Side Shuffle 2 in 2 out (Left Side)

From Side Split Lunge (Right Side)

From Side Split Lunge (Left Side)

Finish Time with Jumping Jacks

Ladder Drills (Two)

Station 2

****BETWEEN SETS: 10 Mtn Climbers****

Side Shuffle Lead Foot In/Out (Right Side)

Side Shuffle Lead Foot In/Out (Left Side)

Side Shuffle 2 in 2 out (Right Side)

Side Shuffle 2 in 2 out (Left Side)

From Side Split Lunge (Right Side)

From Side Split Lunge (Left Side)

Finish Time with Jumping Jacks

Upper Bands

Station 7

10 Spider Man Push ups

20 Band Biceps Curls

10 Under the Wire Push Ups

20 Band Biceps Curls

10 Mtn Climber Push Ups (3:1)

20 Band Biceps Curls

REPEAT

Cardio Routine

Station 8

Facing Forward

High Knee Hurdles Back

15 Mountain Climbers

Facing RIGHT

High Knee Hurdles Back

15 Jumping Jacks

Facing LEFT

High Knee Hurdles Back

15 Alternating Lunges

REPEAT

Lower

Station 9

10 Reverse Lunge to Hop (RIGHT)

10 Reverse Lunge to Hop (LEFT)

10 180° Squat Jumps

10 Skater Squat (RIGHT)

10 Skater Squat (LEFT)

10 Burpees

25 Mountain Climbers

REPEAT

Core

Station 10

20 Flutter Kicks

20 Toe Touches (Feet UP)

20 V-Leg Sit Ups

20 Ab Push Throughs

20 Bicycles (Alt Elbow to Knee)

REPEAT