



Warm-Up 2-3 Rounds

- 1 min jog
- 15 sec High Knees
- 15 sec booty kicks
- 10 lunges
- 10 russian twists
- 10 push-ups

Ladders 15-20 minutes

- 1 ft in ea box Hopscotch Pushups
- 2 ft in ea box Ski's Lateral Shuffle
- Icky Shuffle In-In Out-Out Lateral Hops
- * Explode out of the ladder ~10 ft
- Draw with chalk, put tape down if no tangible ladder

Circuit Training

- #1 30 In-Out Hops, touch the ground alternating hands
- 3 Rounds 20 Plank Shoulder Taps
- 10 Walkout Pushups

- #2 15 Burpees
- 3 Rounds 20 Leg Lifts
- 15 Pushups
- 20 lunge jumps

Finisher: 100 swimmers, immediately hold superman for 1 minute

"Mindset is what separates the best from the rest"