

# SUMMER PLYO WORKOUT #1

3 WEEKS

## WARM-UP

1. 1 LAP WARM-UP
2. DUCK WALKS Flex toes, Lock knees- walk for 20yds
3. LUNGE WALKS Big step, push up off of heels- walk for 20yds
4. SIDE LUNGE WALKS Big lateral step, change lead leg- 20yds
5. STEP PULLS Step, reach back, pull- change lead leg- 20yds
6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) 20yds up and back
7. CARIOCA (EASY, MEDIUM) 20yds up and back
8. A-MARCH Walking sprint form- 20yds
9. HIGH KNEES (EASY,MEDIUM) 20 yds up and back
10. BUTT KICKERS 20 yds up and back
11. HIGH KNEES + STRIDE High knees 10yds, stride 20yds- up and back
12. HIGH KNEES + SPRINT High knees 10yds, sprint 20yds- up and back
13. BIG BACK PEDAL 20yds up and back
14. SKIPS 20yds up and back
15. SKIPS + KICKS 20yds up and back

## PLYOS

1. ANKLE FLIPS 2X6 (explode up using just ankle reflex)
2. ANKLE FLIPS W/TWIST 2X12 (add a ¼ turn left, middle, right & repeat)
3. SINGLE LEG ANKLE FLIPS 2X8 (same as #1 but use one leg at a time/alternate)
4. ROCKET JUMP 2X6 (squat down and explode up, reach for the sky/repeat)
5. TUCK JUMP 2X6 (explode up and tuck knees to chest/repeat)
6. STAR JUMP 2X6 (an exploding jumping-jack/repeat)
7. GALLOPING 2X20 YDS (ride a stick horse, same leg forward)
8. BOUNDING 2X20 YDS (explode from each leg for distance/repeat)
9. LINE HOPS 2x20 (legs together, alternate legs, carioca)

## MEDBALLS

1. TORSO CIRCUIT (SIDE/SIDE, FIGURE 8, OVER/UNDER, SIT-UP, BACK CRUNCH)
2. CHEST PASS 2X10 (explode with legs and push ball with arms)
3. SOCCER PASS 2X8 (explode with legs and "soccer pass" ball)
4. OAGER TOSS 2X10 (explode with legs and throw ball backwards and up)

## CONDITIONING

1. FARTLEKS or GASSERS \_\_\_\_\_reps \*Fartleks- (Stride the straight-away, shuffle jog the circle on the track) \*\*Gassers- (Run the width of the football field and back) 2. Skilled Pattern Running Set #1