

SUMMER PLYO WORKOUT #2

3 WEEKS

WARM-UP

- 1. 1 LAP WARM-UP**
- 2. DUCK WALKS**
- 3. LUNGE WALKS**
- 4. SIDE LUNGE WALKS**
- 5. STEP PULLS**
- 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM)**
- 7. CARIOCA (EASY, MEDIUM)**
- 8. BULLDOG-MARCH**
- 9. HIGH KNEES (EASY, MEDIUM)**
- 10. BUTT KICKERS**
- 11. HIGH KNEES + STRIDE**
- 12. HIGH KNEES + SPRINT**
- 13. BIG BACK PEDAL**
- 14. SKIPS**
- 15. SKIPS + KICKS**

PLYOS

- 1. ANKLE FLIPS 2X6**
- 2. ANKLE FLIPS W/TWIST 2X12**
- 3. SINGLE LEG ANKLE FLIPS 2X8**
- 4. SPLIT SQUAT JUMPS 2X8 (stagger legs, explode up)**
- 5. S. SQUAT W/CYCLE 2X8 (same as #4 but alternate legs)**
- 6. ROCKET JUMP 2X6**
- 7. TUCK JUMP 2X6**
- 8. STAR JUMP 2X6**
- 9. GALLOPING 2X20 YDS**
- 10. BOUNDING 2X20 YDS**
- 11. SIDE BOUNDS 2X6 (bound to the side and bound back)**
- 12. LINE HOPS**

MEDBALLS

- 1. TORSO CIRCUIT (SIDE/SIDE. FIGURE 8. OVER/UNDER. SIT-UP. BACK CRUNCH)**
- 2. CHEST PASS 2X10**
- 3. SOCCER PASS 2X8**
- 4. OAGER TOSS 2X10**

CONDITIONING

- 1. Fartleks or Gassers _____ reps**
- 2. SKILLED PATTERN RUNNING SET 1,2**