

SUMMER PLYO WORKOUT # 3

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 add sprints**
- 2. ANKLE FLIPS W/TWIST 2X12 add sprints**
- 3. SINGLE LEG ANKLE FLIPS 2X8 add sprints**
- 4. SPLIT SQUAT JUMPS 2X8 add box**
- 5. S. SQUAT W/CYCLE 2X8 add box**
- 6. ROCKET JUMP 2X6**
- 7. TUCK JUMP 2X6**
- 8. STAR JUMP 2X6**
- 9. GALLOPING 2X20 YDS**
- 10. BOUNDING 2X20 YDS**
- 11. SIDE BOUNDS 2X6**
- 12. LINE HOPS 3x20**
- 13. Broad jumps off box 1x10**

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 add sprints to the throws (10 yd. Sprint)**

CONDITIONING

- 1. Fartleks or Gassers _____ reps**
- 2. SKILLED PATTERN RUNNING SET 1,2,3**