BODY WEIGHT/CALESTHENICS #1
PLYOMETRIC/LATERAL MOTION WORKOUT

DYNAMIC WARM UP
Combination of body weight squats, lunges, bear crawls, push ups, arm swings, skips, etc.

BODY
Repeat each circuit three times before starting the next. Rest 1 minute between each interval.

- 30 wall jumps. Reach as high as you can on wall
- Hold reverse plank for 30 seconds
- 30 tuck jumps to 10 side shuffles each direction
- 30 squat jumps with 10 side shuffles each direction

Side plank with 10 thread the needles into 10 forward and backward quick steps to direction you are facing, x 4 (2 per side)
10 total body up downs and then pick a direction and sprint 10 steps x 3

COOL DOWN
Static stretching. 15-30 seconds per stretch: calves, quads, glutes, inner/outer thighs