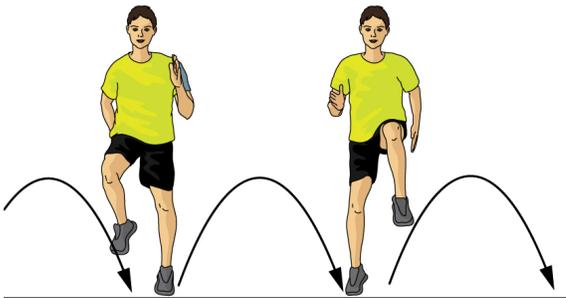




Workout 6

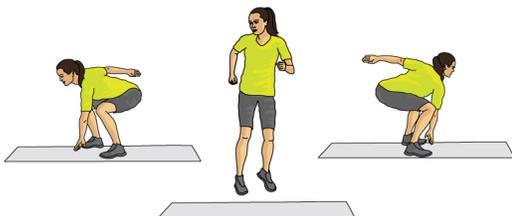
	Beginner	Intermediate	Advanced
10 Min Session	30 Sec Work/30 Sec Rest 2 Rounds	40 Sec Work/20 Sec Rest 2 Rounds	50 Sec Work/10 Sec Rest 2 Rounds
20 Min Session	30 Sec Work/30 Sec Rest 4 Rounds	40 Sec Work/20 Sec Rest 4 Rounds	50 Sec Work/10 Sec Rest 4 Rounds
30 Min Session	30 Sec Work/30 Sec Rest 6 Rounds	40 Sec Work/20 Sec Rest 6 Rounds	50 Sec Work/10 Sec Rest 6 Rounds

Lateral A-Skips



- 1 Begin in a standing position.
- 2 Skip to the right, driving right knee up while swinging bent left arm upward.
- 3 Immediately repeat on opposite side, continuing to move to right.
- 4 Continue skipping for 15-20 skips in one direction, then complete 15-20 skips moving in the opposite direction.

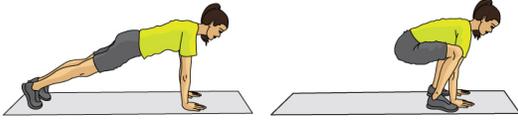
180 Spiderman Jumps



- 1 Begin in a squat position with left hand touching the floor and right arm extended.
- 2 Jump and twist 180 degrees to land with right hand touching and left arm extended.
- 3 Jump and twist 180 degrees to land in the original position.

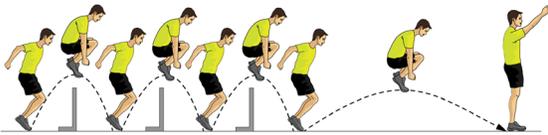
Workout 6

Froggers



- 1 Begin in a plank position.
- 2 Jump legs up and plant feet just outside arms.
- 3 Jump back into plank position.
- 4 Repeat.

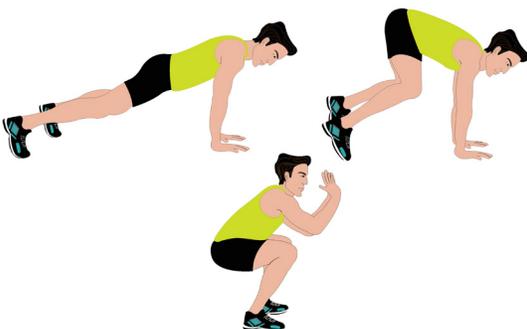
Quick Jump to Long Jump



Big Picture: Do 3 “quick jumps” over hurdles/cones and then the final (4th) jump is maximum explosion for distance (no hurdle).

- 1 Position three cones or hurdles in a row 3 feet apart.
- 2 Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- 3 After clearing the final cone, perform a final (4th) jump for distance.
- 4 Walk back to first cone and repeat exercise.

Pop Jacks



- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.
- 2 In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.
- 3 Place hands back on ground and jump feet back to starting plank position.



WEEKLY

CONDITIONING CHALLENGE

RECORD THE NUMBER OF REPS YOU COMPLETE FOR EACH EXERCISE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lateral A-Skips							
180 Spiderman Jumps							
Froggers							
Quick Jump to Long Jump							
Pop Jacks							