

Conditioning Routine

Warm-up (choose one)

- *One mile- (1st lap walk, 2nd & 3rd run, 4th walk)
 - *12 laps (In Building)
 - *10 minute aerobics

Jump Exercises (Legs)

- *10 standing leaps (toes pointed!)
- *10 base squats (knees over toes!)
- *10 tuck jumps (hands @ sides)
- *10 calf hops (5 left, 5 right)
- *20 lunges (alternate)

- *10 side lunge jumps (land heel-toe)
(Abdominal)

- *20 throw downs (10-front, 5-left, 5-right)

- *5 ground toe-touches (pike position)

- *5 ground toe-touches (sit-up position)

(Stunt Drills)

- *60 leg raises (left= 10 front, 10 side w/I inside of thigh, 10 back, right= repeat)

- *30 base dips @ half-level (3 sets of ten)

- *5-ten second sets of hang drills

(Arms-choose one)

- *45 push-up (“guy”stlye, 3 sets of 15!)

- *Hand weights workout (with coaches instructions)

(Stretching)

- *Hold each stretch for 30 seconds, relax for 5 sec. Re-stretch same area for 30 sec.**