

	Dynamic Warm Up One	Dynamic Warm Up Two	Dynamic Warm Up Three
Movement - 10 yards and back	1. Straight Leg Shuffle 2. Lateral Side Shuffle 3. Lunge Walk w/Twist 4. Single Leg Karaoke (F) 5. Single Leg Karaoke (B)	1. Frankenstein Walk 2. Knee Hug to Lunge 3. Backward Sumo Drop 4. Quick Karaoke 5. Lateral High Knees	1. Lunge w/ O.H. Twist 2. Walking RDLs 3. (Low) Lateral Lunge 4. Walking Calf Raises 5. Rotating Lateral Lunge
Stationary Mvnt. to Sprint	1. Tuck Jumps (4) 2. Mountain Climbers (4)	1. Hop, Hop, Drops (4) 2. Groiners (4)	1. Push-Ups (4) 2. Lunge Jumps (4)
Mvnt. for 5 yds to Sprint	1. High Knees	1. Broad Jumps (3)	1. Quick Karaoke
Full Mvmnt. for 20 yds	1. Power Skips	1. Backwards Run	1. Zig Zag Bound
Med Ball and Core 1	Med Ball and Core 2	Med Ball and Core 3	Med Ball and Core 4
MB Twist and Taps (20/20)	MB Slams (20)	MB Lunge Twist Fwd/Rev (4 x 5)	MB Slam - Side to Side (10/10)
MB Around the Worlds (10/10)	MB Chops (10/10)	MB Swing (20)	MB (Partner) Lunge Toss (10/10)
Prisoner Squats (20)	Squat (Sumo) Jumps (10)	Rocket Jumps (15) Quick!	Burpies (15)
Plank Knee to Elbow (10/10)	Plank Knee to Elbow (10/10)	Sit-Ups (10)	Wall Leg Swings (4 x 10/10)
Long Flutter Kicks (10/10)	V-Sits (10)	Pike to Cobra (10)	1 Foot Hip Lift (10/10)
Crunches (10)	Crunch-Legs Up Toe Touch (20)	Foot to Hand Crunch (10/10)	Fire Hydrants (10/10)
Aquamans (15)	Supermans (15)	Reverse Crunch (20)	Back Hypers (10)
Upper Lift/ Lower Plyo	Lower Lift/ Upper Reps	Upper Lift/ Lower Plyo	Lower Lift/ Upper Reps
DB Bench Press (5,4,3,2,1)	(Heavy) DB Squat (5,4,3,2,1)	DB Floor Press (5,4,3,2,1)	DB Hockey Lunge (2x 10/10)
Lat Pull Down (2 x 10)	1 Leg Hip Lift, Bench (2 x 10/10)	Seated Row (2 x 15)	Single Leg DB RDL (2 x 10/10)
1 Arm DB Row w/ rot. (2 x 10)	DB Lateral Lunge (2 x 10/10)	MB Push-Up (2 x 10/10)	1 Leg Lateral Bound(2 x 10/10)
Box or Bench Jumps (2 x 10)	Pull-Ups (2 x Max reps) Min. 10	Lateral Bench Jumps (2 x 10)	Decline Push-Ups (2 x 20)
Broad Jump w/MB Push (2 x 10)	Windmill Push-Ups (2 x 10/10)	MB O.H. Toss (2 x 10)	1 DB Row to Press (2 x 10/10)
DB Monster Walk (2 x 15 yards)	DB Pullover, on Bench (2 x 15)	MB Forward Pass, Knee (2 x 10)	Incline DB Row, Bench (2 x 15)