

	Week 1	Week 2	Week 3	Week 4	Week 5
01 Wide Leg Tiptoe Squat (35 reps)	R _____	R _____	R _____	R _____	R _____
02 Killer Katherine Lunge (40 reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Fast Feet Chair Jump (60 seconds)	_____	_____	_____	_____	_____
04 Slalom Line Jump (60 seconds)	_____	_____	_____	_____	_____
05 Warrior 3 Lunge (12 ea side; 5-sec hold on last)	R _____	R _____	R _____	R _____	R _____
06 Jack-In-The-Box Knee Tuck (30 seconds)	R _____	R _____	R _____	R _____	R _____
07 Think Drill (60 seconds)	_____	_____	_____	_____	_____
08 Spartan Squat Lunge (12-15 reps ea side)	R _____	R _____	R _____	R _____	R _____
09 Super Skater Kick (15 reps ea side)	R _____	R _____	R _____	R _____	R _____
10 Depth Charge (60 seconds)	R _____	R _____	R _____	R _____	R _____
11 Frog Burpee Hop (30 seconds)	R _____	R _____	R _____	R _____	R _____
12 1-Leg Slalom (30 seconds ea leg)	_____	_____	_____	_____	_____
13 1-Leg Squat (15 reps ea side)	R _____	R _____	R _____	R _____	R _____
14 Surfer Spin (20 reps)	R _____	R _____	R _____	R _____	R _____
15 Power 90 Cross Hop (60 seconds)	_____	_____	_____	_____	_____
16 Wide Leg Jump Press (20+ reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 Launcher Lunge (10 reps ea side)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Toe Tap 360 (60 seconds)	_____	_____	_____	_____	_____
19 Flying Fighter Kick (10 reps ea side)	R _____	R _____	R _____	R _____	R _____
20 Set Sprint Plank Plyo Jump (60 seconds)	_____	_____	_____	_____	_____

Cool down (12 mins) w/ NIS (Neuro-Integrated Stretching)