

Warm-Up	Plyos	Core Session	Cool-down - Technique
High Knees	Vertical Jump	0.5 Standard Crunch	
Heel Flicks	*15 push-ups	0.5 Right Side Crunch	V-1 Right
Carioca	Classic Hop	0.5 Left Side Crunch	V-1 Left
Side/Sides	* Arm Swing	0.5 Kayakers	V-2
	Broad Jump	0.5 Satan Crunch	Alternate Right
	*20 meter run	0.5 In/Outs	
Also:	Skate Hop	0.5 Superman (On Stomach)	
V-1	*10 push ups	0.5 Plank	
V-2	Crossovers	0.5 Right Plank	
	30sec push ups	0.5 Left Plank	
	30 off	0.5 Reverse Plank	
	30 sec push ups	0.5 Shoulder Bridge	
		0.5 Shoulder Hip Thrusters	
		0.5 Right Knee Crunch	
		0.5 Left Knee Crunch	
		0.5 Thrusters	
		0.5 Right Ulvangs	
		0.5 Left Ulvangs	
		***Repeat Yellow	
	Also:	Also:	Also:
	Bounding Hop	Leg Push-away	Double Poling
	Explode Knee Push-ups	Push-up Hover	Single Poling
	Partner Push-ups		Poling with Step
	Wall Sit		