

### Form Runs Drills

- Hurdle Drills
- Shin Bands with partner
- Hip flexors with bands
- Toe Walks
- Heal Walks
- High Knees
- Butt Kickers
- Frankensteins
- A Skips
- Lateral Slides
- Walking drills
- Running drills
- Striders

### Core

- **ABS**

- Full Straight Leg Raises
- Six Inch Straight Leg Raises
- Crunches
- Side Crunches
- Bicycles
- Double Crunches
- Planks

- **LATTER DRILLS**

- One Foot per Square Run Through
- Two Feet per Square Quick Feet
- Two Forward- One Back Quick Feet
- Ski Jumps
- Skip Square Hop Scotch
- All Squares Hop Scotch
- In-In-Out
- Lateral Shuffle
- 2 Lateral Steps Forward- One Back
- 2 Hops Forward- Hop one Back
- 2 Lateral Hops Forward- One Back
- Hop 2 Forward-Hop one back
- Hop 2 Lateral Forward- One Back

- Shin Bands with partner
- Hip flexors with bands
- Hamstring Timbers
- Lateral Slide with bands
- Standing Long Jumps
- Explosive Squats
- Six Counts
- Striders

## Weights- Phase One

<b><u>Upper Body</u></b>	<b><u>Lower Body</u></b>
<b>Super Set One</b> <ul style="list-style-type: none"><li>• Flat Bench or Incline Bench Press (3 x 10)</li><li>• Shoulder Shrugs (3 x 10)</li></ul>	<b>Super Set One</b> <ul style="list-style-type: none"><li>• Squats (3 x 10) or Explosive Squats</li><li>• Triceps Extensions (3 x 10)</li></ul>
<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Military Press (3 x 10)</li><li>• One Arm Dumbbell Press (3 x 10)</li></ul>	<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Walking Lunges (3 x 10)</li><li>• Bicep curls (3 x 10)</li></ul>
<b>Super Set Three</b> <ul style="list-style-type: none"><li>• Lat Pull Downs (3 x 10)</li><li>• Dips (3sets)</li></ul>	<b>Super Set Three</b> <ul style="list-style-type: none"><li>• Dead Lift (3 x 10)</li><li>• Calve Raises (3 x 25)</li></ul>

## Phase Two

<b><u>Upper Body</u></b>	<b><u>Lower Body</u></b>
<b>Super Set One</b> <ul style="list-style-type: none"><li>• Flat Bench / Incline Bench Press (10-8-6-5)</li><li>• Shoulder Shrugs (3 x 10)</li></ul>	<b>Super Set One</b> <ul style="list-style-type: none"><li>• Squats (10-8-6-5) or Explosive Squats</li><li>• Straight Arm Dumbbell Raises (3 x 10)</li></ul>
<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Military Press (10-8-6-5)</li><li>• One Arm Dumbbell Press (10-8-6-5)</li></ul>	<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Walking Lunges (3 x 10)</li><li>• Dumbbell Arm runs (3 x 50)</li></ul>
<b>Super Set Three</b> <ul style="list-style-type: none"><li>• Lat Pull Downs (10-8-6-5)</li><li>• Dips (3sets)</li></ul>	<b>Super Set Three</b> <ul style="list-style-type: none"><li>• Dead Lift (3 x 10)</li><li>• Calve Raises (3 x 25)</li></ul>

## Phase Three

<b><u>Full Body</u></b>
<b>Super Set One</b> <ul style="list-style-type: none"><li>• Flat Bench / Incline Bench (10-8-6-5)<ul style="list-style-type: none"><li>• Explosive Squats (3 x 10)</li></ul></li></ul>
<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Military Press (10-8-6-5)</li><li>• Calve Raises (3 x 25)</li></ul>
<b>Super Set three</b> <ul style="list-style-type: none"><li>• Lat Pull Downs (10-8-6-5)</li><li>• Dumbbell Arm Runs (3 x 50)</li></ul>
<b>Super Set Four</b> <ul style="list-style-type: none"><li>• Six Counts (3 x 10)</li><li>• Walking Lunges (3 x 10)</li></ul>

