

Day 1 Workout

Circuit

- Sprint half court back, full court back
- Squat x20
- Pushup x10
- Walking Lunge

Abs

- Plank 1:00min
- Side plank 30sec

Day 2 Workout

Circuit

- From 10 foot line, backpedal to end line, sprint full court and back
- Plank up downs x10
- Tuck jumps x15
- 10 squats, lunge down, 10 squats, lunge back

Abs

- 6 inches hold
- 10 leg lifts

Day 3 Workout

Circuit

- Squat jumps x15
- Pushups x10
- Ice skaters x20
- Under net defensive hold 45 sec

Abs/butt

- Leg up toe touches x20
- Donkey kicks 20 each leg
- Russian twists x20

Day 4 Workout

Circuit

- Pike jumps x15
- Sumo squats x20
- Pushups x10
- Walking lunges- half court and back

Sprints

- Shuffle to sprint (both directions) x3

Abs/Butt

- Glute bridges -3 second hold x10
- Mountain climbers x30

Day 5 Workout

Circuit

- Split squats- 10 each leg
- Split squat jumps x16
- Laying down sprints – full court, 10 pushups, back

Abs/butt

- Frog sit ups x15
- Frog pumps x20

Day 6 Workout

Circuit

- Closed stance squat x20
- Burpees x10
- Side lunges x10 each leg

Line jumps 30 sec

- Front to back
- Side to side

Abs/butt

- High plank shoulder touches 1:00 minute
- Outside mountain climbers x20

Day 7 Workout

Circuit

- Squat jump to broad jump half court and back
- Reverse lunges x10 each leg
- Pushups x10

ABS/butt

- Reverse crunches x10
- Leg raises, one at a time, x20

Day 8 Workout

Circuit

- Sprint full court and back
- Lateral tubing
- Walking lunges

Line Jumps

- Single leg front to back (both legs)
- Single leg side to side (both legs)

Abs/butt

- Flutter kicks 30 sec
- Glute bridge 30 sec
- Scissor kicks 30 sec

Day 9 Workout

Circuit

- Bear crawls full court and back
- Broad jump burpees: full court
- Plank up downs x10

Abs/ butt

- Plank: 1 min
- Wall sit 2:00 min
- Side plank 30 sec

Day 10 Workout

Circuit

- Football quick up feet up downs 1:00 min
- Walkout to pushups x 10
- From knees, step up to squat positions with 3 sec hold x12
- Sprint half-court back, full court back

Abs

- Knee tucks with hands on ground for support x15
- Fire hydrants x15 each leg
- Side to side heel touches- 2 sets of 20