

Day 1 Advanced Full Workout (Coach Levy)

Pound behind right foot step back
Pound behind left foot step back

90 Degrees
10 squat jumps

RH pound behind back / between legs / one stride punch dribble / stop on right foot and right hand dribble

LH pound behind back / between legs / one stride punch dribble / stop on left foot and left hand dribble

Frog jump to end of driveway and back x5
90 degrees

RH pound behind back / reverse pivot into step back off of right foot

RH pound behind back / reverse pivot into Euro step left hand layup. Hop left and then back right to finish.

Frog jumps x3

LH pound behind back / reverse pivot into step back off of left foot

LH pound behind back / reverse pivot into Euro step right hand layup. Hop right and then back left to finish.

90 degrees 30 seconds
5 Frog jumps
5 squat jumps