



Day 1 Workout: Total Body
Equipment: Backpack with weight inside (if able)
Open Space (do outside if able)
Difficulty: 5
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Ankle Hops 3x30 seconds
A2) Bouncy Jog 3x25yds
A3) Broad Jump 3x8

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Body Squat 3x12-15 reps (add backpack or other weight if able)
B2) Push Ups 3x10-12
B3) Single Leg Supine Bridge 3x8/leg



Day 2 Workout: Total Body
Equipment: Open Space (do outside if able)
Difficulty: 5
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Single Leg Hops w/Stick 3x6/leg

A2) Skater Hops (Land on 2 feet) 3x6/side

A3) Vertical Jumps 3x10

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Walking Lunges 3x 10-12 reps/side

B2) Shoulder Taps 3x8-10/side (alternate touching shoulders)

B3) Deadbug 3x8/side



Day 3 Workout: Total Body

**Equipment: Step or elevated surface, Open Space
(do outside if able)**

Difficulty: 5

Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Line Hops Forward and Back 3x15 seconds

A2) Line Hops Side to Side 3x15 seconds

A3) A-Skip 3x25yd

A4) Sprint 3x25yd

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Reverse Lunge 3x10/leg

B2) Calf Raises on Step 3x15

B3) Plank w/Pull 3x20 seconds



Day 4 Workout: Total Body
Equipment: A Wall, Open Space (do outside if able)
Difficulty: 5
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Single Leg Ankle Hops in Place 3x25 seconds/leg

A2) Forward Moving Line Hops 3x15yd

A3) Shuffles 3x15yd/side (face same direction when going down and back)

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Wall Sit 3x1-2 minutes

B2) Push Ups 3x as many as possible (when form breaks down, stop)

B3) Toe Touches



Day 5 Workout: Total Body
Equipment: Jump Rope, Open Space (do outside if able)
Difficulty: 5
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Jump Rope 3x45-60 seconds

A2) Single Leg Hops Forward 3x6/leg

A3) Repeated Broad Jumps 3x6

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Split Squats ISO Hold 3x20-30 seconds/side

B2) Side Plank 3x25 seconds

B3) Mountain Climbers 3x30 seconds



Day 6 Workout: Total Body
Equipment: Open Space (do outside if able)
Difficulty: 5
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Pogo Hops 3x30 seconds
A2) Power Skips for Height 3x6/leg
A3) Repeated Vertical Jumps 3x8

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Single Leg March ISO Hold 3x20-45 seconds
B2) Plank Arm March 3x8-12/side
B3) Lateral Lunge 3x12/leg