

Week 1 - Day 3

Work	Sets	Reps	Rest
Ball Mastery 3			
<u>Shuffle Scissors</u>	4	30 sec	15 sec
<u>Shuffle Swivel</u>	4	30 sec	15 sec
<u>Shuffle Roll Stepmover</u>	4	30 sec	15 sec
<u>Shuffle V-Pull Back</u>	4	30 sec	15 sec
<u>Shuffle Carioca</u>	4	30 sec	15 sec
Moves 2			
<u>Scissor</u>	2	10	30 sec
<u>V-Pull Back Inside</u>	2	10	30 sec
<u>V-Pull Back Outside</u>	2	10	30 sec
<u>Ronaldo Chop</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
Turns 2			
<u>Cruyff</u>	2	10	30 sec
<u>Cruyff Touch</u>	2	10	30 sec
<u>Stepover</u>	2	10	30 sec
<u>Stepover Same Foot</u>	2	10	30 sec
<u>Fake Pass</u>	2	10	30 sec
Strength (Circuit)			
Body Weight Squats	3	10	45 sec b/t rounds
Up/Down Planks	3	10	
Plank	3	60 sec	
Lunge Jumps	3	10 sec	
Bicycle Crunches	3	20	
Side Plank	3	60 sec	

