

Week of 9/21

Work	Sets	Reps	Rest
Ball Mastery			
Can be performed inside with little space			
<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
Ball Mastery			
Can be performed inside with little space			
<u>V-Pull Back Inside</u>	4	30 sec	15 sec
<u>V-Pull Back Outside</u>	4	30 sec	15 sec
<u>V-Pull Back Across</u>	4	30 sec	15 sec
<u>V-Dance</u>	4	30 sec	15 sec
<u>V-Dance Both Feet</u>	4	30 sec	15 sec
Ball Mastery			
Can be performed inside with little space			
<u>Shuffle Pull Push</u>	4	30 sec	15 sec
<u>Shuffle Stops</u>	4	30 sec	15 sec
<u>Shuffle Pull Outs</u>	4	30 sec	15 sec
<u>Shuffle Side Foot Rolls</u>	4	30 sec	15 sec
<u>Shuffle Roll</u>	4	30 sec	15 sec
Strength			
Do as a circuit			
Body Weight Squats	4	10	60 sec b/t sets
Mountain Climbers	4	20	
Split Squat Jumps	4	10	
Shoulder Taps with a push up	4	10	
Burpress	4	5	
Sit Ups	4	10	

