

## Week 4 - Day 2

| Work                       | Sets | Reps    | Rest             |
|----------------------------|------|---------|------------------|
| <b>Ball Mastery 6</b>      |      |         |                  |
| <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           |
| <b>Moves 4</b>             |      |         |                  |
| <u>Scissor/Ronaldo</u>     | 2    | 10      | 30 sec           |
| <u>Stepover/Scissor</u>    | 2    | 10      | 30 sec           |
| <u>Ronaldo/Maradona</u>    | 2    | 10      | 30 sec           |
| <u>Snake Inside</u>        | 2    | 10      | 30 sec           |
| <u>Snake Outside/In</u>    | 2    | 10      | 30 sec           |
| <b>Juggling</b>            |      |         |                  |
| No Hands- Your Choice      | 1    | 10 min  |                  |
| <b>Strength (Circuit)</b>  |      |         |                  |
| Lunge Walks                | 4    | 10 Each | 1 min b/t rounds |
| Inch Worms                 | 4    | 5       |                  |
| Body Weight Squats         | 4    | 15      |                  |
| Glute Bridges              | 4    | 15      |                  |
| Push Ups                   | 4    | 10      |                  |
| <b>Fitness</b>             |      |         |                  |
| 18 and Backs               | 2    | 4 min   | 3 min            |

