

## Week 1 - Day 2

Work	Sets	Reps	Rest
<b>Ball Mastery 4</b>			
<u>Inside/Outside</u>	4	30 sec	15 sec
<u>Double Inside/Outside</u>	4	30 sec	15 sec
<u>Inside/Outside Combination</u>	4	30 sec	15 sec
<u>Push Stops</u>	4	30 sec	15 sec
<u>Push Stop Cuts</u>	4	30 sec	15 sec
<b>Turns 1</b>			
<u>Sole Stops</u>	2	10	30 sec
<u>Inside</u>	2	10	30 sec
<u>Outside Hook</u>	2	10	30 sec
<u>Pull Back</u>	2	10	30 sec
<u>U-Turn</u>	2	10	30 sec
<b>Moves 1</b>			
<u>Lunge</u>	2	10	30 sec
<u>Stop Push</u>	2	10	30 sec
<u>Stop Drag</u>	2	10	30 sec
<u>Inside Chop</u>	2	10	30 sec
<u>Roll Touch</u>	2	10	30 sec
<b>Strength (Circuit)</b>			
Front Plank	3	30 sec	30 sec b/t round
Right Side Plank	3	30 sec	
Left Side Plank	3	30 sec	
Push up Plank	3	30 sec	