

BLOCK 1

Exercise 1A:	Kneel to Squat to Rotational
Sets x Reps:	3 x 3 Per Side
Weight:	Body Weight
Tempo:	

Exercise 1B:	2 Foot MB Slam
Sets x Reps:	3 x 6
Weight:	10 Lbs Slam Ball
Tempo:	

Exercise 1C:	Rope Battles Split Stance Double Arm
Sets x Reps:	3 x 10 Seconds (5 Sec Per Leg)
Weight:	
Tempo:	

BLOCK 2

Exercise 2A:	2F Rotational Box Jump after Depth Drop
Sets x Reps:	3 x 3 Per Side
Weight:	Body Weight
Tempo:	

Exercise 2B:	Plyo Pushups 2 Plates
Sets x Reps:	3 x 6
Weight:	6RM
Tempo:	

Exercise 2C:	Scoop Toss
Sets x Reps:	3 x 4 Per Side
Weight:	8 Lbs Wall Ball
Tempo:	

BLOCK 3

Exercise 3A:	DB Bulgarian Split Squat
Sets x Reps:	3 x 6 Per Leg
Weight:	6 RM
Tempo:	3:1:2:1

Exercise 3B:	DB Bench Press- Flat Bench
Sets x Reps:	3 x 6
Weight:	6 RM
Tempo:	2:1:2:1

Exercise 3C:	Pogo Jumps Arm Assisted
Sets x Reps:	3 x 10
Weight:	Green Band
Tempo:	FAST