

# Week 1

## Day 1

Exercise	Set/Rep	Example Link	Notes
Skater Jumps	3x15	<a href="https://www.youtube.com/watch?v=GASFFpVpEu0">https://www.youtube.com/watch?v=GASFFpVpEu0</a>	
Bounds	3x15	<a href="https://www.youtube.com/watch?v=tCjYhoMe1hk">https://www.youtube.com/watch?v=tCjYhoMe1hk</a>	
Tuck Jumps	3x15	<a href="https://www.youtube.com/watch?v=r7oBejx1PHM">https://www.youtube.com/watch?v=r7oBejx1PHM</a>	
Split Squat Jumps	3x10	<a href="https://www.youtube.com/watch?v=ESvR6k9PBas">https://www.youtube.com/watch?v=ESvR6k9PBas</a>	
Push Ups	3x15		
BW V UP	3x15	<a href="https://www.youtube.com/watch?v=aviRfr_y4N4">https://www.youtube.com/watch?v=aviRfr_y4N4</a>	
Plank Series	3x1min		

## Day 2

Burpees	3x10	<a href="https://www.youtube.com/watch?v=dZgVxmf6jkA">https://www.youtube.com/watch?v=dZgVxmf6jkA</a>	
BW Dips	3x15	<a href="https://www.youtube.com/watch?v=0326dy_-CzM">https://www.youtube.com/watch?v=0326dy_-CzM</a>	
Push Ups	3x15		
Stair Jumps	3x10		
Split Squat Jumps	3x15	<a href="https://www.youtube.com/watch?v=ESvR6k9PBas">https://www.youtube.com/watch?v=ESvR6k9PBas</a>	
Nordic Curls	3x15	<a href="https://www.youtube.com/watch?v=TO47AQuYphE">https://www.youtube.com/watch?v=TO47AQuYphE</a>	
Bear Crawls	3x60 yards	<a href="https://www.youtube.com/watch?v=t8XLor7ungU">https://www.youtube.com/watch?v=t8XLor7ungU</a>	
Hand Ladders	3x1 min	<a href="https://www.youtube.com/watch?v=6AfzJDtCs8s">https://www.youtube.com/watch?v=6AfzJDtCs8s</a>	Use tiles or anything that is a box of about a foot in length and width

## Day 3

Russian Twist	3x1min	<a href="https://www.youtube.com/watch?v=JyUqwkVpsi8">https://www.youtube.com/watch?v=JyUqwkVpsi8</a>	
Plank Series	3x1min		
BW V Ups	3x15	<a href="https://www.youtube.com/watch?v=aviRfr_y4N4">https://www.youtube.com/watch?v=aviRfr_y4N4</a>	
Dead Bugs	3x15	<a href="https://www.youtube.com/watch?v=I5xbsA71v1A">https://www.youtube.com/watch?v=I5xbsA71v1A</a>	
Hand Step Ups	3x1min	<a href="https://www.youtube.com/watch?v=hVtCiTB0n9U">https://www.youtube.com/watch?v=hVtCiTB0n9U</a>	

## Week 2

### Day 1

Exercise	Set/Reps	
Burpees	3x15	<a href="https://www.youtube.com/watch?v=dZgVxmf6jkA">https://www.youtube.com/watch?v=dZgVxmf6jkA</a>
BW Dips	3x15	<a href="https://www.youtube.com/watch?v=0326dy-CzM">https://www.youtube.com/watch?v=0326dy -CzM</a>
Wide Push Up	3x15	
Diamond Push UP	3x15	
Hand Ladders	3x15	<a href="https://www.youtube.com/watch?v=6AfzJDtCs8s">https://www.youtube.com/watch?v=6AfzJDtCs8s</a>
Hand Step Ups	3x15	<a href="https://www.youtube.com/watch?v=hVtCiTB0n9U">https://www.youtube.com/watch?v=hVtCiTB0n9U</a>
Tuck Jumps	3x15	<a href="https://www.youtube.com/watch?v=r7oBejx1PHM">https://www.youtube.com/watch?v=r7oBejx1PHM</a>
Stair Jumps	2x10	

Use tiles or anything that is a box of about a foot in length and width

### Day 2

Skater Jumps	3x15	<a href="https://www.youtube.com/watch?v=GASfFpVpEu0">https://www.youtube.com/watch?v=GASfFpVpEu0</a>
Hand Step Ups	3x15	<a href="https://www.youtube.com/watch?v=hVtCiTB0n9U">https://www.youtube.com/watch?v=hVtCiTB0n9U</a>
Split Squat Jumps	3x15	<a href="https://www.youtube.com/watch?v=ESvR6k9PBas">https://www.youtube.com/watch?v=ESvR6k9PBas</a>
BW Squats	3x15	<a href="https://www.youtube.com/watch?v=lzAMYKR9sfs">https://www.youtube.com/watch?v=lzAMYKR9sfs</a>
BW Dips	3x15	<a href="https://www.youtube.com/watch?v=0326dy-CzM">https://www.youtube.com/watch?v=0326dy -CzM</a>
Plank Series	3x1min	

### Day 3

BW Squats	3x15	<a href="https://www.youtube.com/watch?v=lzAMYKR9sfs">https://www.youtube.com/watch?v=lzAMYKR9sfs</a>
Squat Jumps	3x15	<a href="https://www.youtube.com/watch?v=AzI5tkCzDcc">https://www.youtube.com/watch?v=AzI5tkCzDcc</a>
Tuck Jumps	3x15	<a href="https://www.youtube.com/watch?v=r7oBejx1PHM">https://www.youtube.com/watch?v=r7oBejx1PHM</a>
Push Ups	3x15	
BW V Ups	3x15	<a href="https://www.youtube.com/watch?v=aviRfr_y4N4">https://www.youtube.com/watch?v=aviRfr_y4N4</a>
Dead Bugs	3x15	<a href="https://www.youtube.com/watch?v=l5xbsA71v1A">https://www.youtube.com/watch?v=l5xbsA71v1A</a>
Scapular Push Up	3x15	<a href="https://www.youtube.com/watch?v=5YHZnEsE9hA">https://www.youtube.com/watch?v=5YHZnEsE9hA</a>
Box Jump (Or something of equal height)	3x15	

## Week 3

### Day 1

Exercise	Set/Rep	
Nordic Curls	3x15	<a href="https://www.youtube.com/watch?v=TO47AQuYphE">https://www.youtube.com/watch?v=TO47AQuYphE</a>
Glute Bridges	3x15	<a href="https://www.youtube.com/watch?v=wPM8icPu6H8">https://www.youtube.com/watch?v=wPM8icPu6H8</a>
SL Elevated Glute Bridge	3x15	<a href="https://www.youtube.com/watch?v=fDxl-0uZMJo">https://www.youtube.com/watch?v=fDxl-0uZMJo</a>
Scapular Push Ups	3x15	<a href="https://www.youtube.com/watch?v=5YHZnEsE9hA">https://www.youtube.com/watch?v=5YHZnEsE9hA</a>
BW Squats	3x15	<a href="https://www.youtube.com/watch?v=lzAMYKR9sfs">https://www.youtube.com/watch?v=lzAMYKR9sfs</a>
Hand Step Ups	3x1min	<a href="https://www.youtube.com/watch?v=hVtCiTB0n9U">https://www.youtube.com/watch?v=hVtCiTB0n9U</a>

### Day 2

Squat Jumps	3x15	<a href="https://www.youtube.com/watch?v=Azl5tkCzDcc">https://www.youtube.com/watch?v=Azl5tkCzDcc</a>
Split Squat Jumps	3x15	<a href="https://www.youtube.com/watch?v=ESvR6k9PBas">https://www.youtube.com/watch?v=ESvR6k9PBas</a>
Box Jump (Or something of equal height)	3x15	
Hand Ladders	3x15	<a href="https://www.youtube.com/watch?v=6AfzJDtCs8s">https://www.youtube.com/watch?v=6AfzJDtCs8s</a>
BW Multi Directional Lunge	3x15	<a href="https://www.youtube.com/watch?v=NAafVEnFINw">https://www.youtube.com/watch?v=NAafVEnFINw</a>
Plank Series	3x1min	

Use tiles or anything that is a box of about a foot in length and width

### Day 3

Burpees	3x15	<a href="https://www.youtube.com/watch?v=dZgVxmf6jka">https://www.youtube.com/watch?v=dZgVxmf6jka</a>
Push Ups	3x15	
Walking Lunge	3x15	
BW Squat	3x15	<a href="https://www.youtube.com/watch?v=lzAMYKR9sfs">https://www.youtube.com/watch?v=lzAMYKR9sfs</a>
BW Good Morning	3x15	<a href="https://www.youtube.com/watch?v=5_kxfjJhB4I">https://www.youtube.com/watch?v=5_kxfjJhB4I</a>
BW Dead Bugs	3x15	<a href="https://www.youtube.com/watch?v=l5xbsA71v1A">https://www.youtube.com/watch?v=l5xbsA71v1A</a>