



Basics, Basics, Basics

Week 19-24

Workout 1

Fitness, Agility, Quickness and Endurance

Coaches Notes: Keep moving in this workout! Try to only rest a couple of seconds (between 3-10) between each exercise to build endurance!

Name	Reps/Minute
Fast Feet Forward	50 reps
Fast Feet Side to Side	50 reps
Fast Feet Laterals (bigger steps)	30 reps
Front To back Hops	20 reps
Single Foot Hop Front to Back	10 reps each leg
Squat Knee Lift Twist	10 reps
Pop Squat Floor Touch	20 reps
Knee, Knee Foot Foot	30 seconds
Rock and Pop	20 reps
Walking Side Pushup	20 reps
Plyo Pushups from Knees	20 reps