



Basics, Basics, Basics

Weeks 7-12

Workout 1

General Fitness, Strength and Agility
20 Minute Warmup

You will need an agility ladder

Part 1

Name	Reps/Minute
Ladder High Knees	4 passes
Ladder Backward High Knees	4 passes
Ladder Run Forward	4 passes
Ladder Side Run	4 passes
Ladder Punches Forward	4 passes
Ladder Sideways Punches/Hops	4 passes
Ladder Backward Punches/Hops	4 passes

Part 2

Name	Reps/Minute
Run for Speed	6 passes
Skipping for Speed	4 passes
High Jumps	20
Crawls for Speed	4 passes
Plank Hold	30-45 seconds
Side Plank Hold	30-45 seconds

Part 3

Name	Reps/Minute
Pushups	15
Full Situps	20
Squats	15-20
Lunge	15 per leg
Calf Raises	30
Dips Straight Legs	15
Assisted Pull Up	15