

Warm Up (3 Rounds): 5 Burpees, 10 Air Squats, 12 Lunges

Lateral Hops:

First cycle to be performed with two footed hops, then repeat with single leg hops (1/2 reps per leg)

1>2 (Side to side) x40 Reps
1>4 (Front to back) x40 Reps
2>4 (Corner to corner) x40 Reps
1>3 (Corner to corner) x40 Reps
1>2>3>4 (Counterclockwise) x20 Reps
1>4>3>2 (Clockwise) x20 Reps

*Rest 2 minutes

**Repeat with single leg hops

High Intensity Circuit (4 Rounds): 30sec ON, 30sec OFF

- Gorilla Burpees (lunge left leg, lunge right leg, air squat, burpee)
- Skater Jumps (one leg jumps, side to side – looks like stationary speed skating)
- Split Squat Jumps (start in a lunge, jump and alternate legs in air, land in lunge)
- Jump Squats/Block Jumps (full squat then jump into stationary blocking move)
- Single Leg Vertical Jumps (alternate leg each round)

*After each round rest for 3 minutes, then repeat

**Meant to be completed at HIGH INTENSITY

OR

Accumulate 100 reps of each of the following:

- Air Squats
- Lunges (50x each leg)
- Calf Raises
- Mountain Climbers

*Break up sets as necessary

**Rest during and between sets as needed