

## Conditioning stations

Day 1, Day 3, Day 5

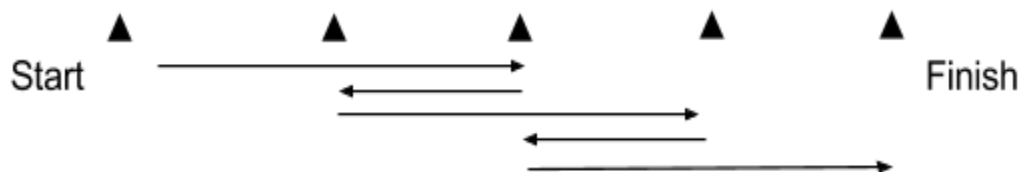
### Speed ladder - go thru ladder, walk back is rest

- Steps
  - 2x 1 foot in
  - 1x 2 feet in (right lead),
  - 1x 2 feet in (left lead)
  - 1x Side shuffle (right)
  - 1x Side shuffle (left)
  - 1x Side in and out (right)
  - 1x Side in and out (left)
  - 2x Icky shuffle

### 5 cone agility - sprint thru cones, walk back is rest

3x sprint and backpedal (in straight line)

3x sprint and change direction (in straight line)



### Tire flips

- Each partner flips the tire 3 times and then goes to the back of the line
- Repeat for 6 sets or allotted time

### Plyometrics - jump 15yds, walk back is rest

- Speed jumps (2 sets)
- Broad jumps (2 sets)
- Right leg jumps (1 set)
- Left leg jumps (1 set)
- Bounding (2 sets)

## Conditioning Stations

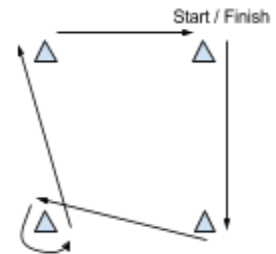
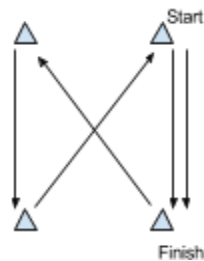
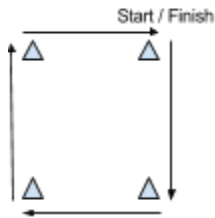
Day 2, Day 4, Day 6

### Speed ladder jumps - go thru ladder, walk back is rest

- 2x 2 foot forward jumps
- 1x 1 foot forward jumps (right)
- 1x 1 foot forward jumps (left),
- 1x 1 foot forward in and out (right),
- 1x 1 foot forward in and out (left),
- 2x 2 feet in and out,
- 2x hopscotch

### 4 cone agility - go thru one time each direction

- 2x forward, shuffle, backpedal, shuffle
- 2x forward, diagonal, forward, diagonal, forward
- 2x run and turn corner



### Plyometrics - 10sec jumping, 20 sec rest (repeat )

- 3x Tuck jumps
- 3x Skaters
- 3x Russians

### Med ball - 6 reps of each exercise, alternate sets with partner(s), (repeat)

- Vertical press
- Slam

### Sprints - sprint, walk back is rest

- 15 yd sprints