

WEEK 2				
DAY 1				
WARM UP	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<a href="#">SINGLE HAND DRIBBLE</a>	2	x	20EA	
JUMP ROPE	SETS	x	REPS	REPS
<a href="#">BASIC BOUNCE</a>	5	x	:30s	
MB THROWS	SETS	x	REPS	WEIGHT
<a href="#">MB SIDE TOSS (FRONT)</a>	3	x	6EA	
<a href="#">MB SLAM</a>	3	x	10	
<a href="#">JAMS</a>	3	x	10	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<a href="#">ALTITUDE LANDING</a>	3	x	5	
<a href="#">BODYWEIGHT LUNGE</a>	3	x	10EA	
<a href="#">GLUTE BRIDGE</a>	3	x	15	
<a href="#">INVERTED ROW</a>	3	x	8	
<a href="#">PUSH UP</a>	3	x	10	
<a href="#">MB RDL</a>	3	x	15	
FINISHER	TIME			
<a href="#">BODYWEIGHT FINISHER</a>	2	x	10,20,30,40	
ABS	SETS	x	REPS	WEIGHT
<a href="#">PLANKS</a>	3	x	:45s	
<a href="#">PUSH UP CHEST TOUCH</a>	3	x	10EA	

WEEK 2				
DAY 4				
WARM UP	WEEK 2			
HAND EYE COORDINATION	SETS	x	REPS	ATTEMPTS
<a href="#">DOUBLE HANDED DRIBBLE</a>	2	x	20	
JUMP ROPE	SETS	x	REPS	REPS
<a href="#">SIDE TO SIDE, FRONT TO BACK</a>	3	x	:25S EA	
MB THROWS	SETS	x	REPS	WEIGHT
<a href="#">MB CHEST PASS</a>	3	x	10	
<a href="#">HALF KNEELING MB SIDE TOSS</a>	3	x	5EA	
<a href="#">KNEELING LATERAL PUSH TOSS</a>	3	x	5EA	
SPEED/AGILITY	SETS	x	REPS	TIME
SEE SHEET				
EXERCISES	SETS	x	REPS	WEIGHT
<a href="#">BROAD JUMP OVER CONE</a>	3	x	5	
<a href="#">BODYWEIGHT SQUAT</a>	3	x	15	
<a href="#">DOUBLE LEG ASSISTED PULL UP</a>	3	x	10	
<a href="#">PUSH UP</a>	3	x	8	
<a href="#">LATERAL LUNGE</a>	3	x	10EA	
<a href="#">SUMO T-SPINE</a>	3	x	6EA	
FINISHER	TIME			
<a href="#">LOWER BODY FINISHER</a>	1	x	:15s Ea	
ABS	SETS	x	REPS	WEIGHT
<a href="#">SIDE PLANK</a>	3	x	:30s EA	
<a href="#">1 HAND PLANK</a>	3	x	:20s EA	

DAY 2				
WARM UP	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
<a href="#">Squat</a>	2	x	:40	
<a href="#">Mt. Climbers</a>	2	x	:40	
<a href="#">Push-Up Chest Touch</a>	2	x	:40	
<a href="#">Lateral Lunge</a>	2	x	:40	
<a href="#">Plank</a>	2	x	:40	
<a href="#">Iso Hold w/ T-Spine</a>	2	x	:40	
<a href="#">Bear Hold</a>	2	x	:40	
<a href="#">Push-Ups</a>	2	x	:40	
<a href="#">Lunge Jumps</a>	2	x	:40	
<a href="#">Bodyweight Abs</a>	2	x	:40	
<a href="#">Bodyweight Lunge</a>	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				

DAY 5				
WARM UP	WEEK 2			
CIRCUIT - 2 TOTAL SETS				
EXERCISES	SETS	x	REPS	REPS
<a href="#">Bodyweight Lunge</a>	2	x	:40	
<a href="#">Scap Push-Up</a>	2	x	:40	
<a href="#">Squat Jumps</a>	2	x	:40	
<a href="#">Glute Bridge Hip Pivot (R)</a>	2	x	:40	
<a href="#">Glute Bridge Hip Pivot (L)</a>	2	x	:40	
<a href="#">Twisters Jump Rope</a>	2	x	:40	
<a href="#">T-Pushups</a>	2	x	:40	
<a href="#">Lateral Lunge</a>	2	x	:40	
<a href="#">Side Plank (L/R)</a>	2	x	:40	
<a href="#">Side Plank (L/R)</a>	2	x	:40	
<a href="#">Hand Walks</a>	2	x	:40	
<a href="#">Lateral Hurdle Hops</a>	2	x	:40	
REST	1 MINUTE - REPEAT 1 MORE SET			
POST WORKOUT CONDITIONING - SEE SHEET				