

WORKOUT 1

BACK YARD CONDITIONING



10 MINUTE DYNAMIC WARMUP



High Knee Walk
4 x 10 yards



Quick Skips
4 x 10 yards



Form Running
4 x 10 yards



Glute Kicks Drill
4 x 10 yards



5 MINUTE JUMP ROPE WORKOUT



Jump Rope
60 seconds Feet Together



Jump Rope
60 seconds Right Foot Only



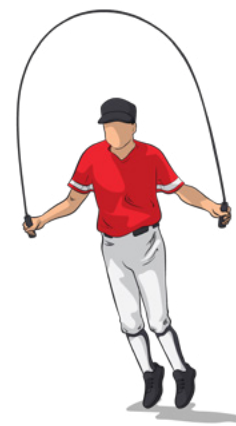
Jump Rope
360 seconds Left Foot Only



Jump Rope
60 seconds Run in Place



Jump Rope
60 seconds Side to Side

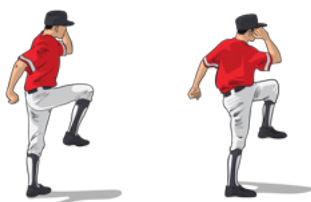


WORKOUT 3

BACK YARD CONDITIONING



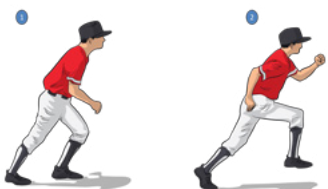
15 MINUTE SPEED WORKOUT



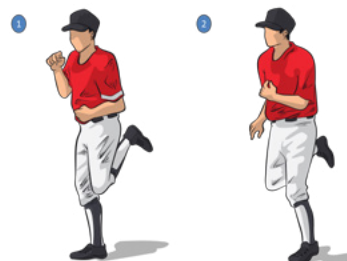
High Knee Walks
4 x 10 Yards



Quick Skips
4 x 10 yards



Form Running
4 x 10 yards



Glute Kicks
4 x 10 yards



Backward Quick Runs
4 x 10 yards



Backward Power Runs
4 x 10 yards

WORKOUT 4

BACK YARD CONDITIONING



15 MINUTE AGILITY WORKOUT



Pick Ups Drills
3 x 10 reps

Reaction Drill
3 x 10 reps



Tumbling
5 Forward Rolls



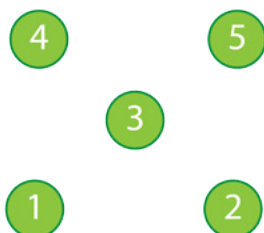
Tumbling
5 Backward Rolls



Tumbling
5 Shoulder Rolls



Tumbling
5 Dive Rolls

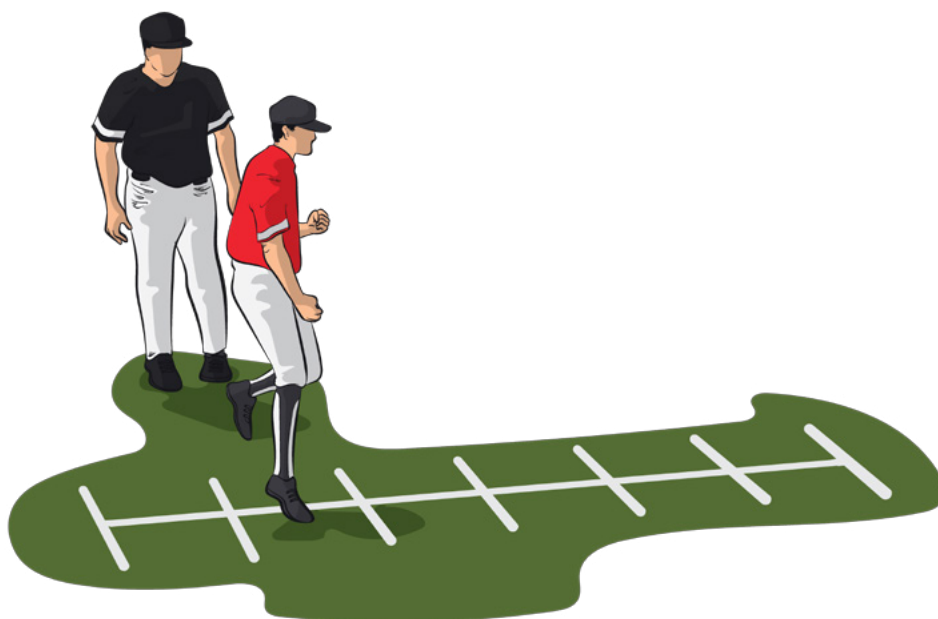


Dot Drill

- 4 x Double Foot Hopscotch
- 4 x Double Foot Hopscotch 180
- 4 x Single Foot Figure 8
- 4 x Double Foot Figure 8



10 MINUTE RUNNING GRID WORKOUT



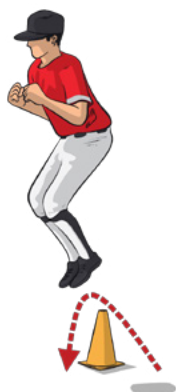
Running Grid Drill

2 x One Foot One Hole
2 x Two Feet One Hole
2 x 1-3-5 Out
2 x Both Sides

2 x Duck Walk
2 x Duck Run
2 x Bunny Hop
2 x Diagonal Bunny Hop



10 MINUTE CONE DRILL WORKOUT



Forward Bunny Hop
2 x 5 Down and Back



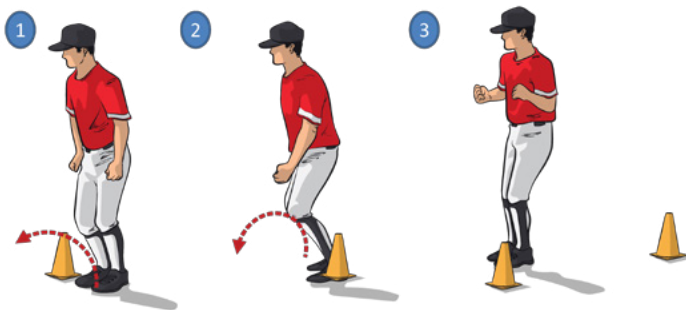
Backward Bunny Hop
2 x 5 Down and Back



Side Hops
2 x 5 Down and Back



180 Turns
2 x Down and Back



Over and Up
2 x Down and Back