November Workouts

Workout 2-

Warm up: High knees with arm circles X5 - Butt kicks with arms circle back X5 - 5 jacks forward, right, back, left - Side step right 1-2-3, left 1-2-3 4 times each. - Inchworm to plank, back and up X5 - Broad jump X2 turn around broad jump X2, 3 times each - Forward step into lunge, torso twist, Forward step into lunge with other foot, torso twist - Backward step into back lunge with arm scoop, Backward step into back lunge with arm scoop X3

Conditioning- HIIT

30 seconds each -Run in place 30 seconds - Double hop ghost rope 30 second - Skater jumps 30 seconds - Double bounce press jack 30 seconds - Side run X4 2 jacks 30 seconds - 4 taps, 4 high knees 30 seconds - Mat taps side to side 4 each direction 30 seconds - Jump + cross chop 30 seconds - Fast Feet Coach Call L R Center 30 seconds

15 seconds each -Run in place 15 seconds - Double hop ghost rope 15 seconds - Skater jumps 15 seconds - Double bounce press jack 15 seconds

2 min Rest - Water - Repeat

Total Body Workout

Complete all 9 exercises one after the other with 20 seconds rest between exercises. When you have completed all 9 exercises, rest for 1 to 2 minutes and then complete a 2nd round.

Complete 1 to 2 rounds per workout. It will take 14 minutes to complete 1 round or 24 minutes to complete 2 rounds

1. Fast Feet- 5 sets, 5 seconds of work followed by 10 seconds rest
2. Lateral Hops- 3 sets, 10 per side, no rest
3. Bear Hold (easier) or Bear Crawl (tougher)- 1 set, 30 seconds of work
4. Body Weight Squats- 1 set, 30 seconds of work
5. Dead Bugs (easier) or Arms and Legs Lowering (tougher)- 1 set, 8 reps
6. Single Leg RDL- 1 set, 8 reps per side
7. T's or Band Pull A Parts- 1 set, 10 reps
8. Hands Elevated Pushups (easier) or Reguarl Pushups (tougher)- 1 set, 8 to 15 reps
9. Lunge ISO Hold- 1 set, 20 to 30 seconds per side

ROUND 1 COMPLETE

Rest for 1 to 2 minutes and complete your 2nd round.

Total Body Core - Plank hold 60 seconds - Bear Crawl 3 to side X 30 seconds- 30 second rest. Plank hold 60 seconds - Bear Crawl; 3 to the side X30 seconds. DONE. WATER