



General Physical Preparedness (GPP)

Warm up

- Squat x10
- High Kneed/ Step over Lunges R/L x 10 each
- Side Lunges R/L x10
- In Place High Knees x 25
- Pogos (small quick) 25
- Pogos (High Knee) 15
- Side Pogos (Slalom) Small quick side to side elbows 90degrees
- Forward High Skip x10 yards
- Backwards run x10 yards turn and jog additional 10yrds
- Forward Sprint x10 yards x 3

This is nothing more than an all around full body, plyometric style workout. Tues and Thur are designed for 30 second intervals with 15 sec rest between. Stay hydrated before, during and after. Water only prior to workouts. Lay off snacks, sugar, sodas!

MON (12min)	TUES (30 sec)	WED (12min)	THUR (30 sec)
Light Jog	Push Ups x3	Light Jog	Push Ups x2
	Squat Jumps		Squat Jumps
Or Intervals	_____	Or Intervals	_____
Jog for 20 sec	Jumping Jacks x2	Jog for 20 sec	Jumping Jacks x3
sprint for 10 sec	Squat Holds	sprint for 10 sec	Squat Holds
	_____		_____
	Plank x3		Plank x2
	Mt Climbers		Mt Climbers
	_____		_____
	Flutter Kicks x2		Flutter Kicks x3
	Burpees		Burpees
Jump Rope #1		Jump Rope #1	
1 minute forward		1 minute forward	
30 Sec Left foot jumps		30 Sec Left foot jumps	
30 Sec Right foot jumps		30 Sec Right foot jumps	
Rest 2 minutes		Rest 2 minutes	
Wk1 (1x) Wk2 (2x) Wk3 (3x)		Wk1 (1x) Wk2 (2x) Wk3 (3x)	

Do not add to this or increase load without supervision, your body needs rest just as much as the workout, if not more.