General Conditioning – Legs and Back (Day 2/4)

Phase: General	Prep	Tin	Zin	Copper	Bronze	Silver	Gold
1. Mountain Climbers (hands on hips)	3 x 8 panel mat	3 x 12 1.5 panel mat	3 x 15 1.5 panel mat	3 x 20 Double panel mat	3 x 25 Double panel mat	3 x 30 Double panel mat (weighted)	3 x 30 Double panel mat (weighted)
2. Foam Squat jumps (arm horizontal for moving jumps)	3 x 5 Over foam	3 x 12 Over foam	3 x 15 Over foam	3 x 20 Over foam	2 x 25 Moving forward and back over 5 foams	2 x 20 Moving forward and back over 5 foams (weighted)	2 x 25 Moving forward and back over 5 foams (weighted)
3. Roll back Jumps – both legs	3 x 5 (sit on x-factor block and stand with one leg)	3 x 8 Roll back on panel mat – foot on floor	3 x 8 (weighted) – Roll back on panel mat – foot on floor	3 x 10 - Roll back on panel mat – foot on floor (weighted)	2 x 12 (weighted) - Roll back on floor jump up to panel mat	2 x 15 (weighted) - Roll back on floor jump up to panel mat	2 x 20 (weighted) - Roll back on floor jump up to panel mat
4. Box Jumps – jump up to hip height	3 x 4 – x-factor block	3 x 6 – red block	3 x 7 – red block (weighted)	2 x 8 forward and reverse – Red block	2 x 8 forward and reverse – Al Fong block (weighted)	2 x 10 forward and reverse – Al Fong block (Weighted)	2 x 10 forward and reverse – Al Fong block (Weighted)
5. Plyo Across Floor	3 x 2 straight jumps *down = 1	3 x 3 tuck jumps *jumps = 1	3 x 2 single leg jumps down	3 x 3 single leg jumps down	4 rows Punch fronts	5 rows punch fronts	5 rows Punch fronts – from double jump
6. Heel Drive Lifts – to horizontal only	3 x 5 - 10 sec. hold	3 x 15-20 sec. hold	3 x 10 lifts + 5 sec hold	3 x 15 lifts + 5 sec hold	3 x 20 lifts + 5 sec hold	3 x 15 (weighted) + 5 sec hold	3 x 20 (weighted) + 5 sec hold
7. Arch Rocks	3 x 5 -15 sec hold	3 x 10 rocks	3 x 10 rocks – hold 10	3 x 15 rocks	3 x 20 rocks	3 x 25 rocks	3 x 30 rocks
8. Arch lifts to horizontal only	3 x 5 - 8	3 x 10	3 x 12	3 x 15	3 x 20	3 x 15 (weighted)	2 x 20 (weighted)