

# Warm Up/Activation Sequence Drill

- 60 secs rest between exercises
- 30 secs rest between sets
- Leave 10 min for stretching after

3 Ab exercises (50 Reps each)

10 Pushups (2 sets) \*first set normal, second set alternating legs

10 Burpies ( 2 sets) \*fast and explosive

15 Squat to Streamline Jumps (2 sets)

3 Ab exercises (50 Reps each)

Standing Knee Up Running (2 sets 30 secs each)

20 Squats (2 sets)

20 Tuck Jumps (2 sets)

3 Ab exercises (50 Reps each)

Arm Swings (whatever you need)

STRETCH (10 min)