

Conditioning-Legs								
Equipment- bench-repeat all four times								
Sit down stand up x25								
Cross overs x25								
Mountain climbs-Fullx10								
Mountain climbs-half x10								
Equipment- Hall								
Jumping-Half squatsx 4 lengths								
Jumping full squats x4 lengths								
Equipment-trampoline or something to hold on to								
Ankle raises-ankles together, both legs								
x20 left leg								
x20 right leg								
Hold in squat for 10 seconds both legs								
Hold in squat for 10 seconds RL and LL								
Half squat-jump with ankle raises x20								
Half squat open legs, jump, hold bounce with ankle raise								
1st position-ankle raises								
1st position- ankle raises jump.								
Heel raises of a bench x20								
split jumps x20								