EXTRA WORKOUTS

**Abs Crazy**

25 Hanging Leg Raises x 4 sets

6 inches x 4 sets (45 seconds)

Plank x 4 sets (45-1 min hold)

25 Heel Touches x 4 sets

25 Russian Twist x 4 sets (30 lbs. weight ball)

**FINISHER**

1. Abs roll superset with crunches superset with 25 Standing weighted side crunches each side

**Bi & Triceps Killer**

4 sets of 15 - underhand pull-ups superset with

4 sets of 15 - weighted calf Raises

4 sets of 15 - Barbell Curl superstar with

4 sets of 15 - preacher curls

4 sets of 15-inverted calf Raises

2 sets of 15 hammer Curls

2 sets of 15 DB Curls

Triceps: heavy weight

4 sets of 5 - Single Arm Reverse Press down

4 sets of 5 - triceps Press down

3 sets of 5 - skull-crushers 💀

**Footwork & Ladder**

Shuffle

Butt Kicks

High Skips

Calf Stretch

Lunges

Slight jog around yard

Footwork x 4 times with hill sprints

* Two feet
* One foot
* Back foot
* In and out

Cone drills x 2 times

1. Back pedal
2. Shuffle

With 1 min jump rope

1. M Drill x 2 times

With 1 min jump rope - 30 each leg

Resistance Band Runs x 4 times

**Daily Full Body Workout ⚡**

Stretch before and after workout

This workout focus on abs, arms, shoulders & butt

Heel Touches - 3 sets

5 - 10 each side

Plank - 3 sets

20-second plank

Wall Sits - 3 sets

30 second sit

Arm Circles - 3 sets

10 forward & 10 backwards

Mountain Climbers - 3 sets

20 reps (10 each leg)

10 push-ups - 3 sets

30 Crunches

30 Squats x 2 sets