

# Conditioning

## **Warm up**

- body squats to passing position (20 reps)
- step back lunges (10 reps each leg)  
(straight back leg while leaning forward, not knee to ground)
- Arm circles (20 sec forward and 20 sec backwards)
- Push ups (10 reps) (either from knees or Toes or Toes with hands on ledge or couch)

## **Workout**

Complete exercises 1-5 in order, each exercise is 30 sec with a 10 sec break in between. Once completed take a 30 sec break and repeat (switching legs when appropriate).

### 1. Jump lunge switch:

start in lunge position back leg straight leaning forward, jumping in air, switch legs and land in lunge on opposite side. Do not let front knee turn in toward middle. Do not let back knee hit ground. Do not land with chest and stomach up facing forward.

### 2. Drop back forward jumps:

Start in defensive positions, choose one side and drop back (drop and hop) the moment you land do not put heels down, hop back forward off 2 feet, landing back in defensive position

3. Tuck Jump Pause: Defensive position, jump and pull knees up, land in defensive squat, pause down in defensive squat for a 2 count, repeat.

### 4. Single foot hops:

stay on toes hop left and right about 5 inches as if jumping on line on floor.

### 5. Max jump/ block jump:

Swing arms and max jump leaving hands up, as you land on toes, immediately rebound into a block, land back into a mild squat and repeat

## **Cool Down:**

- Laying Marches: (10 each leg) Lay on back, keep core tight (as if you coughed or laughed). Try to maintain tightness while breathing, and then slowly lift one leg, put back down, and repeat on other side.

- Cross-Crawl: Get on hands and knees (if you have tennis ball put it on low back), Keep core tight (as if you cough or laugh) while extending one arm and opposite leg outward without swaying or letting ball fall off. Return and switch sides.