

## Stage Workout

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### 1- Medicine Balls

- Chest pass
  - Overhead pass
  - Throw down
  - Side Toss
  - Figure 8
  - Sit up pass
  - Squat jump throw
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### 2- Plyometric Circuit

- Box jumps
  - Depth jumps
  - Lateral jumps
  - Power jumps
  - Single leg jumps
  - Power lunges
  - Explosive pushups (heel hold)
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### 3- Core Circuit

- Spiderman plank crunch
- Bicycle crunch
- Cross leg crunch
- Plank walk around
- Scissor kicks
- Heels high

- Partner leg throws
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#### 4- Bungees (partners)

- Above/below (partners face each other; one arms above head, one below legs) x 10
  - Lateral slide x 10
  - Side to side x 10
  - High knees x 10
  - Step backs x 10
  - Bear crawls x 10
  - Half circles x 8
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#### 5- Speed & Power Runs

- 5 yd sprints
  - Speed skaters 20 yd
  - Beach flags 15 yd
  - Backwards leg extension run 20 yd
  - Side shuffles 20 yd
  - Frog leaps diagonal 15 yd
  - Decelerations 5 yd
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#### 6- Jump Rope

- 1 minute forwards
- 1 minute backwards
- 30 seconds side to side
- 1 minute single leg (switch legs at 30 seconds)
- 30 seconds triangles
- 1 minute 30 seconds forwards