

# MONDAY - WORKOUT

**COLT FOOTBALL**  
**#COMMITMENT**



1. Dynamic Warm Up in Place
2. Lift = 20 Minutes - 4 exercises as many rounds as possible (add weight if available):
  - \* 5 Body Wt. Cleans
  - \* 10 Air Squats
  - \* 10 Alternating Lunges
  - \* 20 Sit Ups
3. Plyo
  - \* 10 Squat jumps - 30 seconds rest between each rep
  - \* 10 Broad jumps - 30 seconds rest between each rep
  - \* 3x6 Ice Skaters - Hold 1 second single leg
4. Core - Superman & Plank-30 Sec x 3