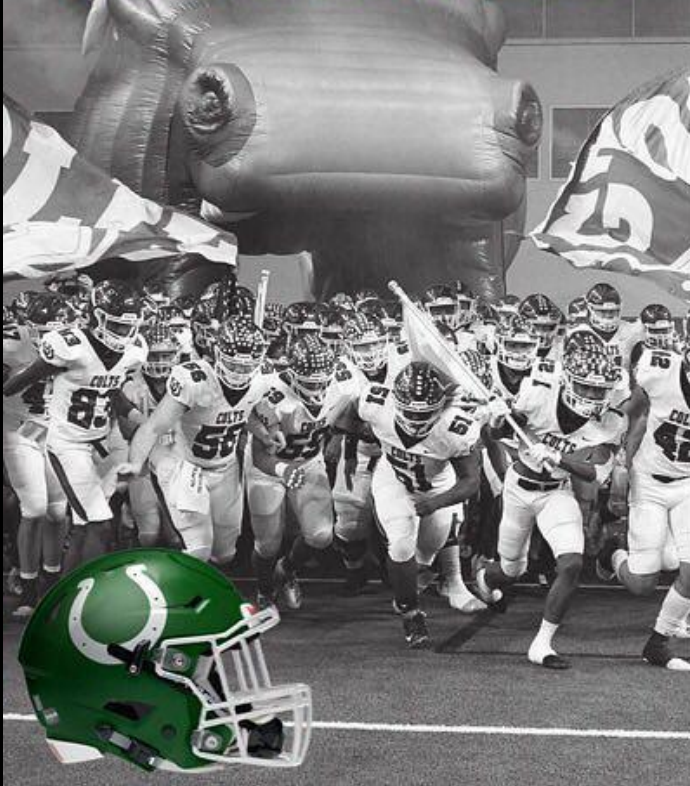


THURSDAY - WORKOUT

COLT FOOTBALL
#TOUGHNESS



**1. Warm Up: Dynamic
Warm Up In Place**

**2. LIFT: 20 Minutes - 4
exercises as many rounds
as possible (add wt if
available)**

- *5 Body Wt Cleans**
- *10 Step Ups (5R,5L)**
- *10 Lateral (Side) Lunge
(5R,5L)**
- *20 Sit Ups**

3. CORE:

- *Knee to Elbow
Plank 3x10**
- *Suit Case 3x20**
- *Russian Twist 3x20**

4. Plyo:

- *4x6 Tuck Jumps**
- *4x6 Ice Skaters**
- *4x20 Bounding Distance**
- *4x20 Skipping for Height**
- *Jump Rope/or use a curb
(4x30)**