

# Boys 1 - Spring B - Week 1/3

## Warm-up - 2 minutes

1. 1 lap running
2. 1 lap skipping
3. 1 lap bear crawl
4. 1 lap running forward with large arm circle

## Lanes: 3 minutes

1. High kicks down and back - touch toes
2. A. Side kick, swings - alternating - Down  
B. Back kick - supporting leg straight, not leaning forward - Back
3. Broad jumps - down and back

## Stretching/Flexibility - 15 minutes

## Vault (Agility) - 15 minutes - 1 minute each stations/3x

1. Lane 1 - shuttle runs
2. Lane 2 - single leg hops
3. Lane 3 - shuffle from cone to cone
4. Panel mat flips
5. Box jumps

## Bars (strength) - 15 minutes

1 minutes per station - 3x thru

1. Strap Bar - pull-ups
2. Strap Bar - toes to bar
3. Training bar - Jump to front support, cast 3x to jump backward off bar to S.L.P.
4. P-Bar - dips
5. Bar set - 5 high bar swings (jump from low-high bar if they're comfortable)

## Conditioning 5 minutes

*Week 1*

*30 seconds each, 1x through*

1. Frog jumps
2. Bear crawls
3. Plank - alternating knee to elbow
4. Diamond push-up
5. Plank shoulder taps
6. Boat pose
7. Reg. push-ups
8. Side leg lifts - R
9. Side leg lift - L
10. Sit ups

*Week 3*

*30 seconds each, 1x through*

1. Push ups
2. Double leg mnt climber
3. Glute bridges
4. Push ups
5. sit ups
6. Plank hold
7. Table hold
8. Fire hydrant
9. Little arm circles forward
10. Little arm circles backwards

## Game - 5 minutes