



Month/Phase: July 2017

Muscle Group: Legs

Goals: Improve strength and explosiveness
Improve quickness
Improve change of direction

Client:

Trainer: T. Johnson

Warm-Up

- | | | |
|-----------------------|-------------------------|--------------------|
| 1) Arm Circles | 6) Knee Rotations | 11) B-Ball Shuffle |
| 2) Walk on toes/heels | 7) Ankle Rotations | |
| 3) Butt Kickers | 8) Side Lunge | |
| 4) Lunges | 9) Carioca w/ high knee | |
| 5) 1-2-3 Ham. Stretch | 10) Back Pedal | |

Core Training

- | |
|---------------------------------|
| 1) Sit-Ups x 15 |
| 2) Crunches x 15 |
| 3) V Sit-Ups x 15 |
| 4) Side Crunch x 15 (each side) |

Footwork - Speed Ladder

- | | |
|----------------------|-------------------|
| 1) Two-Step | 6) Icky-Shuffle |
| 2) Single-Step | 7) Dead Leg |
| 3) Lateral Step | 8) Bunny Hops |
| 4) Scissor Lat. Hops | 9) Backwards Icky |
| 5) Hop-Scotch | |

Resistance

Training / Workout

Done in a circuit?

No | Yes

Exercise	Sets/Reps	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Squats	12/10/8							
+ Tuck Jumps	10/10/10							
Knee Extension	12/12							
+ Quick Jumps	10/10							
Leg Curls	12/12							
+ Rocky's	25/25							
Speed Step-Ups	10/10 (each leg)							
Calf Raises (3-Way)	15/15/15							
AGILITY DRILLS								
Fig. 8 backpedal w/ sprint	4 x 1 Reps							
Cone Hop w/ backpedal	1 x 3 Reps							
Forward Lat. Backpedal	4 x 1 Rep							
Y-Drill	1 x 3 Reps							

Important Reminders

Notes

- 1) Complete a thorough warm-up. Do not start until your muscles are ready.
- 2) One-minute breaks inbetween sets.
- 3) Form and technique is priority. Get the most from each exercise.
- 4) Complete a thorough cool-down. Help your muscles recover and be ready for next time.