

Week

WEEK NUMBER:

Monday		Tuesday	
YOGA AGILITY T-TEST		60 BURPEES	
Wednesday		Thursday	
YOGA ILLINOIS AGILITY TEST		30 PULLUPS	
Friday		Saturday	Sunday
BRUCE LEE'S (HOLD 5 SEC, REST 2 SEC) 5x FULL BODY STRETCH 5x BACK ARCH 12x LEG TENSING 10x AB TENSING 5x TOE-TOUCH SIT UP 5x BENT LEG RAISES		RUN	60 BURPEES 30 PULLUPS

Burpee

PERFORM GOOD FORM SQUAT

AT BOTTOM DROP INTO PUSHUP

VARY STYLE FOR MUSCLE TARGETING

PERFORM PUSHUP WITH GOOD PLANK FORM

AT TOP JUMP INTO BOTTOM OF SQUAT POSITION

EXPLOSIVE SQUAT JUMP ONTO LOW BOX

(ALTERNATIVE) EXPLOSIVE JUMP TO PULLUP

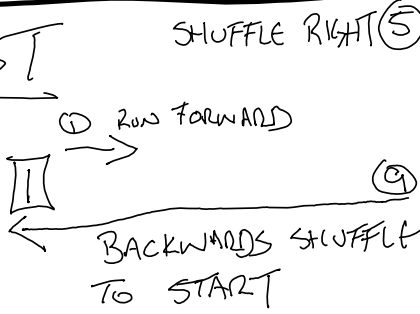
JUMP DOWN INTO SQUAT POSITION

REPEAT

SUNRISE YOGA

AGILITY TESTS / DRILLS

T-TEST



④ LH CONE TOUCH /
3

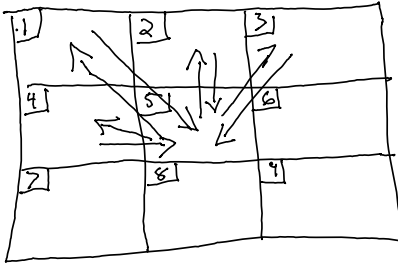
③ SHUFFLE LEFT

② RH CONE TOUCH

⑧ LH CONE TOUCH /
2

⑦ SHUFFLE LEFT
⑥ RH CONE TOUCH /
4

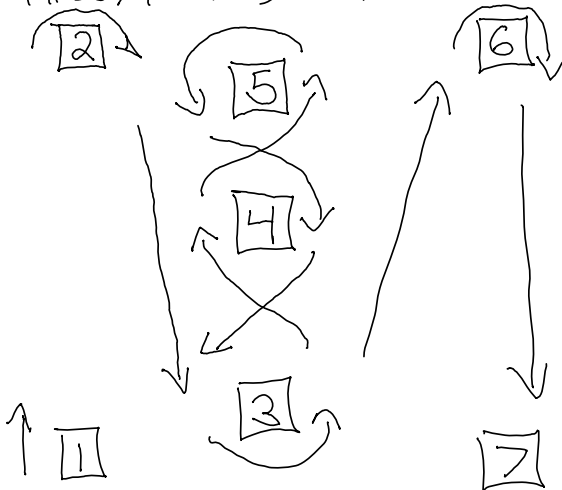
SHARK SKILL TEST



- ONE FOOT HOP FROM CENTER TO SQUARE BACK TO CENTER
- REPEAT FOR ALL SQUARES
- REPEAT TO OTHER FOOT

ILLINOIS AGILITY TEST

FROM PRONE WITH ELBOWS AND KNEES TOUCHING THE DECK
RACE THROUGH CONES PATTERN FOR TIME



Kim's Games

RUNS