Warmup:
1. **T-Walks**
2. **Overhand throw:** Feet stay still.
3. **Squat Throw up**
4. **Ball Slam**

Stand with your feet slightly wider than hip-width apart and hold the ball overhead. With your arms slightly bent and back flat, brace your core and slam the ball onto the ground between your feet, bending your knees as you follow through. Quickly squat, pick up the ball, then return to start. That's one rep.

5. **Squat Jump**

6. **Big Circles** Standing with your feet shoulder-width apart and knees slightly bent, hold a medicine ball with your arms extended directly above your head [A]. Without bending your elbows, rotate your arms counterclockwise [B], using the ball to draw large imaginary circles in front your body [C, D]. Do 10 circles, and then reverse direction to clockwise and do 10 more.

7. **Woodchopper** Stand with your feet just beyond shoulder-width apart. With your arms nearly straight, hold a medicine ball above your head [A]. Now bend forward at your waist and mimic throwing the ball backward between your legs—but hold onto the ball the entire time [B]. Quickly reverse the movement with the same intensity, and return to the starting position. That's 1 repetition.
Single Leg Chop: Start with ball behind and above ear. Move the ball diagonally across the body, ending near knee of opposite leg or foot. Return with same pattern. Rotate/turn back foot to increase effective range of exercise.

8. **Standing Russian Twist** Hold a medicine ball with both hands in front of your chest and your arms straight [A]. Without dropping your arms, pivot on your right foot and rotate the ball and your torso as far as you can to the left [B]. Then reverse direction: Pivot on your left foot and rotate all the way to the right. That's 1 repetition.

9. **Squat to Press** Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head [C]. Lower the ball back to the start. That's 1 repetition.

10. **Triceps Extension**

11. **Toss and Lunge**
Stand, holding the ball with both hands at your chest. Toss the ball slightly in front of you, then step forward with your left foot, lower into a lunge, and catch the ball at the bottom of the lunge. **At the same time, move the ball to side of lunging leg. Continue alternating by walking or switching legs.** Push back to start, then repeat on the opposite side. That's one rep.

12. **Side Kick**

Hold the ball at your chest, shift your weight onto your left leg, and raise your right knee, turning it slightly inward. In one motion, rotate your hips to lean toward the floor, kick your right leg to the side, and push the ball in front of you. Return to start. That's one rep. Do all reps, then switch sides.

13. **Medicine-Ball Situp** Grab a medicine ball with both hands and lie on your back on the floor. Bend your knees 90 degrees, place your feet flat on the floor, and hold the medicine ball against your chest [A]. Now perform a classic situp by raising your torso into a sitting position [B]. Lower it back to the start. That's 1 repetition.
14. **Rocky Solo**  Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap [A]. Twist your torso to the right and place the ball behind you [B]. Then twist all the way to your left and pick the ball up and bring it back to the starting position [C]. That’s 1 repetition. Do 10 repetitions. Immediately do another 10 repetitions, but this time start by twisting with the ball to your left.

15. **Toe Touch**  Grab a medicine ball, lie on your back, and raise your legs so they’re straight and perpendicular to the floor. Hold the ball above the top of your head with your arms straight [A]. Without moving your legs or bending your elbows, simultaneously lift your arms and torso until the ball touches your toes [B]. Lower yourself back to the starting position. That’s 1 repetition.

**Agility Ladder:**
1. 1 foot in each box
2. 2 feet in each box
3. Hop Scotch (2-1-2-1...)
4. **In-Out Drill**

5. **Lateral Feet Drill**