

### SIDE MINI BAND WALK WITH TUBING



10 STEP WALK EACH WAY

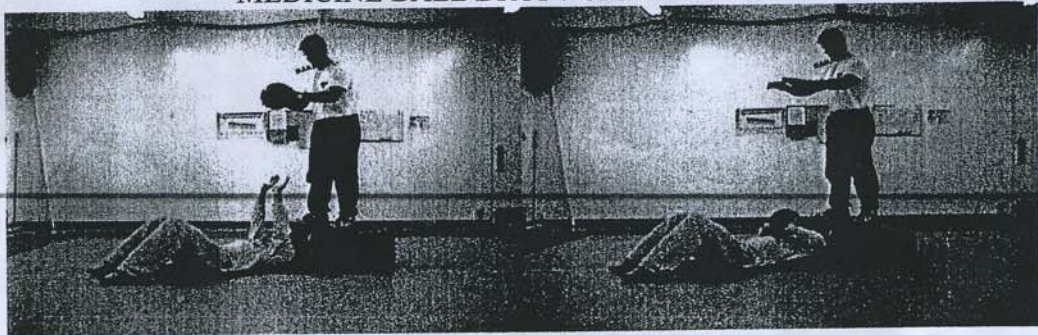
### FRONT MINI BAND WALK WITH TUBING



15 STEPS FORWARD EACH LEG AND THEN REPEAT BACKWARDS

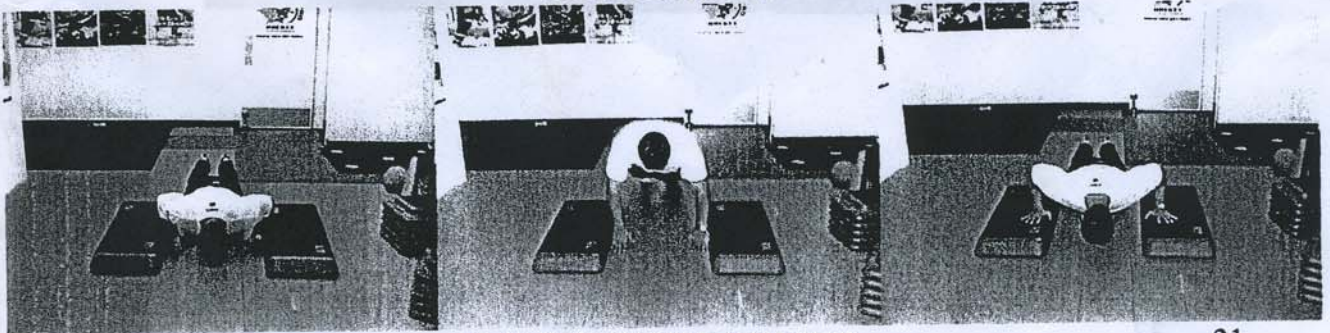
## UPPER BODY PLYOMETRICS

MEDICINE BALL DROP / CHEST THROW



15-45 SECONDS EACH SET

### BOX PUSH-UPS



15-30 SECONDS EACH SET