


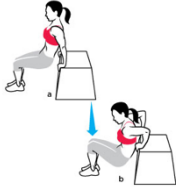



THE STEP



Exercise	Sets/reps	Comments	example
Single leg split squat	4x8 each leg	Foot on step	
push ups	4x10	Keep body in plank position Hands on step Slowly lower To make easier, hands on wall	
Single leg squats	4x8 each leg	Down slow, reach hips back to chair, up fast, keep posture and balance	
Dips	4x10	Slowly lower Legs straight = harder Knees bent = easier	
Plyo toe taps	4x 30 seconds	Fast feet alternate touching toe/foot to step	

INSTRUCTIONS

Complete each exercise in order, with no/minimal rest until all exercises are completed for 1 round. Rest a bit if needed (1-2 minutes) prior to the start of the next round.

1 round for younger teams and increase to a maximum of 4 rounds for high school teams.