

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><u>10 min HIIT workout</u></p> <p>30 sec. on/20 sec. Off</p> <ul style="list-style-type: none"> • Jumping Jacks • Squats • Slow Bicycle • Vertical Jumps <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=kAXg3cM0UCw</p>	<p><u>Strength Training</u></p> <p>30 sec. on/ 30 sec. Off</p> <ul style="list-style-type: none"> • Walkout • Push-up on knees (optional) • Full plank with arm circle • X jump • Plank <p>*Repeat 4X *Any questions on form, please refer to: https://www.youtube.com/watch?v=zMG50pNORKE</p>	<p><u>10 min Workout</u></p> <p>45 sec. on/ 15 sec. Off</p> <ul style="list-style-type: none"> • Squat to Curtsy • Forward & backward lunge • Wide squat side crunch • Inchworm w/ shoulder tap • Push-up Twist • Bear Jacks • Reverse Plank • 4-Times abs • Bicycle Crunches • Plank <p>*Any questions on form, please refer to: https://www.youtube.com/watch?v=pj4TVbnIEgk&t=203s</p>	<p><u>Strength Training</u></p> <p>30 sec. on/ 30 sec. Off</p> <ul style="list-style-type: none"> • Walkout • Push-up on knees (optional) • Full plank with arm circle • X jump • Plank <p>*Repeat 4X *Any questions on form, please refer to: https://www.youtube.com/watch?v=zMG50pNORKE</p>	<p><u>Killer HIITCardio</u></p> <p>30 sec. on/ 10 sec. Off</p> <ul style="list-style-type: none"> • Out & Up Jacks • Skater Taps • Burpees • Station Sprints • Jump Squats • Mountain Climbers <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=M60AVSKVqUA</p>
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<p><u>15 min HIIT workout</u> 40 sec. on/ 20 sec. Off</p> <ul style="list-style-type: none"> • Up & Out Jacks • Push-up tap combo • In + Out Squat Jumps • Inchworm Bear hops • Boxer Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=DMHkgIZHZqM&list=TLPQMTMwODIwMjDeZCWik9sZ2g&index=1</p> <p>How to Throw a Softball: https://www.youtube.com/watch?v=fB6_rRxMVE</p>	<p><u>20 min Tabata Strength Workout</u> 20 sec on/ 10 sec off</p> <ul style="list-style-type: none"> • Plank-up • Push-up with Cross toe touch • Weighted Bicycle • Jump lunge to Jump Squat • Squat with Chest Squeeze <p>*Repeat 8X *Any questions on form, please refer to: https://www.youtube.com/watch?v=KYIcTWPdygc</p> <p>How to Hit a Softball: https://www.youtube.com/watch?v=pUa2QEO8HSI</p>	<p><u>15 min HIIT workout</u> 40 sec. on/ 20 sec. Off</p> <ul style="list-style-type: none"> • Up & Out Jacks • Push-up tap combo • In + Out Squat Jumps • Inchworm Bear hops • Boxer Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=DMHkgIZHZqM&list=TLPQMTMwODIwMjDeZCWik9sZ2g&index=1</p> <p>How to Field a Softball: https://www.youtube.com/watch?v=TM6hnPz8-uq</p>	<p><u>20 min Tabata Strength Workout</u> 20 sec on/ 10 sec off</p> <ul style="list-style-type: none"> • Plank-up • Push-up with Cross toe touch • Weighted Bicycle • Jump lunge to Jump Squat • Squat with Chest Squeeze <p>*Repeat 8X *Any questions on form, please refer to: https://www.youtube.com/watch?v=KYIcTWPdygc</p> <p>How to receive a Softball throw: https://www.youtube.com/watch?v=zKwgYM3Nzo8</p>	<p><u>15 min HIIT workout</u> 40 sec. on/ 20 sec. Off</p> <ul style="list-style-type: none"> • Up & Out Jacks • Push-up tap combo • In + Out Squat Jumps • Inchworm Bear hops • Boxer Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=DMHkgIZHZqM&list=TLPQMTMwODIwMjDeZCWik9sZ2g&index=1</p> <p>How to field a fly balls: https://www.youtube.com/watch?v=OZ4jrNN5Pv8</p>
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<p><u>20 min HIIT workout</u> 45 sec on/ 15 sec off</p> <ul style="list-style-type: none"> ● Jump Squats ● Speed Skater ● Jump Lunges ● Broad Jumps ● Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=GtEOBtdjMM0</p>	<p><u>20 min Tabata Strength Workout</u> 20 sec on/ 10 sec off</p> <ul style="list-style-type: none"> ● Plank-up ● Push-up with Cross toe touch ● Weighted Bicycle ● Jump lunge to Jump Squat ● Squat with Chest Squeeze <p>*Repeat 8X *Any questions on form, please refer to: https://www.youtube.com/watch?v=KYIcTWPdygc</p>	<p><u>20 min HIIT workout</u> 45 sec on/ 15 sec off</p> <ul style="list-style-type: none"> ● Jump Squats ● Speed Skater ● Jump Lunges ● Broad Jumps ● Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=GtEOBtdjMM0</p>	<p><u>20 min Tabata Strength Workout</u> 20 sec on/ 10 sec off</p> <ul style="list-style-type: none"> ● Plank-up ● Push-up with Cross toe touch ● Weighted Bicycle ● Jump lunge to Jump Squat ● Squat with Chest Squeeze <p>*Repeat 8X *Any questions on form, please refer to: https://www.youtube.com/watch?v=KYIcTWPdygc</p>	<p><u>20 min HIIT workout</u> 45 sec on/ 15 sec off</p> <ul style="list-style-type: none"> ● Jump Squats ● Speed Skater ● Jump Lunges ● Broad Jumps ● Burpees <p>*Repeat 3X *Any questions on form, please refer to: https://www.youtube.com/watch?v=GtEOBtdjMM0</p>
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