

Medibolic conditioning	2x a week	4x a week pick one	4-5x a week
30 seconds per item 2x each item	Should take 30 min		Wall Ball
5 seconds between each station		Pair with	200 Right
V-ups		30- 30 yard sprints	200 Left
Ski Jumps		3-man ladders 4+	100 right shoulder
squat quick stick 2x (with partner or wall ball)		monster mile	100 left shoulder
10 yard sprint continuous		timed 2 mile (under 20 min)	200 right quick stick
trunk twist w/med ball or 10 lbs weight		perfect tens	200 left quick stick
tricep dips		40- 20 yard sprints	150 awkward passes
squat jumps		Cradling 2 mile run (under 22 min)	
icky shuffle			50 right cradling situps
high knee in place			50 left cradling situps
plank twist (forearm to forearm)			PLEASE WEAR GOGGLES IF NOT COMFORTABLE WITH CRADLE
plank up downs		3-man ladders are 3 people one running one down and back from half field, one doing situps/pushups/planks/v-ups, one cheering one teammates while taking a break. Continue rotating through until they hit 4 down and backs then go back down the "ladder". Sprints 1-2-3-4-3-2-1.	
burpees		Monster mile is a mile run on a track with bleachers and every time the bleachers are passed in the 4 laps you must run stairs from start to finish on the bleachers	
centipede pushups			
box jumps			
step up			
mountain climbers			
plank jump to hands and back			
alt. side squat			
cradle sit ups		perfect tens are 10 ten yard sprints in 60 seconds	