

Jump Set/Ankle-Calf Set

Jump Set 3-2-1

Exercise	Reps	Special Instructions
Mountain Climbers		1st set – All exercises are done for three-minutes, transitioning to the next without rest. 2nd set – All exercises are done for two-minutes, transitioning to the next without rest. 3rd set – All exercises are done for one-minute, transitioning to the next without rest.
High Knee		
Jump Squats		
Toe Jumps		

Jump Set 1-1-1

Exercise	Reps	Special Instructions
Mountain Climbers		All exercises are done for one-minute, transitioning to the next without rest, and then transitioning to the next set without rest. Until all sets have been completed
High Knee		
Jump Squats		
Toe Jumps		

Ankle/Calf Set

Exercise	Reps	Special Instructions
Toe Raises	1x	Do exercise for 3 minutes; last minute is a burn out stage. (use incline board, if available)
Reverse Toe Raises	1x	Do exercise for two-minutes.
Wobble Board (if available)	1x	Do exercise for 3 minutes
Ankle Rolls	1x	1 minute with each ankle.
Wall Calf Stretch	1x	Stretch & hold for two minutes with each leg.
Lunges	5X	Do forward lunges for about 10 yds. & do reverse lunges back to your starting point.
Reverse Lunges	5X	

* For additional ankle work, use the Ankle Exercise PDF.