

Inviting Pressure 2

Work	Sets	Reps
Warm up (orientation)		
<u>Inside; Outside</u>	2	45 sec work. 20 sec rest
<u>Double Inside; Outside</u>	2	45 sec work. 20 sec rest
<u>Inside Outside cuts both Feet</u>	2	45 sec work. 20 sec rest
<u>Push Stop Cuts</u>	2	45 sec work. 20 sec rest
Ladder		
<u>In and Out</u>	2	1x Up and back. 20 sec rest
<u>Lateral In and Out</u>	2	1x Up and back. 20 sec rest
Moves		
<u>Inside Chops</u>	2	45 sec work, 20 sec rest
<u>Shift Push</u>	2	45 sec work, 20 sec rest
<u>Stanley Matthews</u>	2	45 sec work, 20 sec rest
<u>Stop and Drag(swivel hips)</u>	2	45 sec work, 20 sec rest
Ladder		
<u>In and Out</u>	2	1x Up and back. 20 sec rest
<u>Lateral In and Out</u>	2	1x Up and back. 20 sec rest
Ball Mastery / Moves		
<u>3 Point Turn Inside</u>	2	45 sec work, 20 sec rest
<u>3 Point Turn Outside</u>	2	45 sec work, 20 sec rest
<u>3 Point Turn Outside to Inside</u>	2	45 sec work, 20 sec rest
<u>3 Point Turn Inside to Outside</u>	2	45 sec work, 20 sec rest
Strength		
Burpees	1	1 Min.
Jump Squats	1	1 Min.
Push Ups	1	1 Min.
Planks	1	1 Min.