

Week 5 - Day 2

Video of footwork:

[LINK](#)

Work

Sets

Reps

Rest

Juggle patterns

Right foot only laces

4

90 secs

10 sec

Left foot only laces

4

90 secs

10 sec

Alternate feet only

4

90 secs

10 sec

4 small juggles one above head

4

90 secs

10 sec

Strength

Air squats

3

50

1 min

Forward Lunges alternate

3

30

1 min

Juggle patterns

R foot, L foot, R thigh, L thigh

4

90 secs

10 sec

Sitting juggle

4

90 secs

10 sec

6 juggles walking forward 6 juggles walking back

4

90 secs

10 sec

Strength

Air squats

3

50

1 min

Forward Lunges alternate

3

30

1 min