

With an opponent on your side

Work	Sets	Reps/Rest
Warm Up		
Rolls	2	40 sec/20 sec
Shuffles	2	40 sec/20 sec
Step Over	2	40 sec/20 sec
Shuffle rolls	2	40 sec/20 sec
Moves		
Ronaldo chop	2	40 sec/20 sec
Roll Stepoer	2	40 sec/20 sec
2x outside Lunge	2	40 sec/20 sec
Fake kick Push	2	40 sec/20 sec
Juggling		
Right Foot	1	1 min
Left Foot	1	1 min
Both Feet	1	1 min
Foot, Foot, Thigh, Thigh	1	1 min
Freestyle	1	1 min
1 min rest after all are done		
Moves		
V Pull Backs Across	2	40 sec/20 sec
Fake Kick Touches	2	40 sec/20 sec
Outside Hook Turn	2	40 sec/20 sec
Snake Outside/IN	2	40 sec/20 sec
Strength		
Mountain Climbers	1	1 Min.
Walking Lunges	1	1 Min.
Push Ups	1	MAX
Russian Twist	1	1 Min.