

# *Blitz*

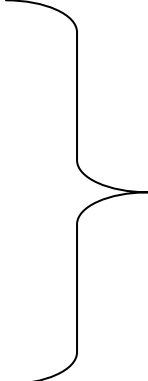
The blitz is designed to improve speed and quick feet. Be precise with timing and make your transitions as fast as possible. Maintain good form, get your feet off the ground on the jumps and *work hard*.

## Warm Up (10 yards each exercise)

Body Squat  
Forward Lunge  
Right Lunge  
Left Lunge  
Power Skip  
Skip  
Backward Skip

## Speed-Strength-Endurance

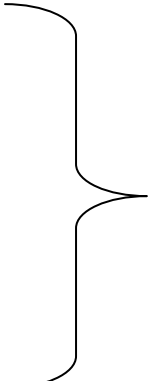
Body Squat  
Push Up  
Mountain Climber  
Lateral Hop  
Rower  
Squat Jump  
Burpee  
90 Hop  
Spider Shuffle



20 seconds on/10 seconds off

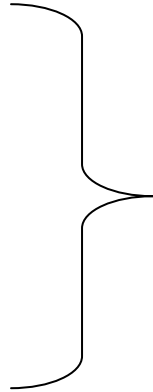
Burpee with a Hop (4 sets, as many as you can in 20 sec. with a 10 sec. rest)

Body Squat  
Push Up  
Mountain Climber  
Lateral Hop  
Rower  
Squat Jump  
Burpee  
90 Hop  
Spider Shuffle



20 seconds on/10 seconds off

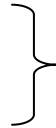
Body Squat  
Push Up  
Mountain Climber  
Lateral Hop  
Rower  
Squat Jump  
Burpee  
90 Hop  
Spider Shuffle



20 seconds on/10 seconds off

(water break here if needed - 2 minutes)

Reverse Crunch **4 sets**  
Mountain Climber **4 sets**  
Frog Crunch **4 sets**



20 seconds on/10 seconds off

Push Up and Hold

2 minutes

Be sure to cool down, stretch well, and hydrate.