

DAY 20

Sprints

Warm-up routine.

Remember to put a max effort in first 3-5 steps!

6 x 10m

4 x 20m

2 x 30m

Move to ball mastery training!

Circuit training

- 20 – 30 sec each station. 2 rounds

Jumping jacks squat

Lunges

Burpees

Pushups

Russian twists

Flutter kicks

Ball mastery

Focus on quality of what you doing

- <https://www.youtube.com/watch?v=fKCvB6rAxQc>

Rolling OR Stretching

What about the whole body stretch?

- <https://www.youtube.com/watch?v=ONG9jUFrs9Y>