

Rodeo Break Workout

Skip Lap	Normal excersizes that you do on the skip lap												
Dynamics	(2)Fence Leg swings F-S Trail Leg Stork Xch. Fast Claw												
Group Plyos	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;"><u>Sgl-Leg Plyos</u></th> <th style="text-align: center;"><u>DbL-Leg Plyos</u></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">(13)Knee II ___ x ___</td> <td style="text-align: center;">(7)InPlace ___ x ___</td> </tr> <tr> <td>S-Leg Lateral Hop</td> <td>Pogos</td> </tr> <tr> <td>L-L-L-L-L-L Knee II</td> <td>Rear Tucks</td> </tr> <tr> <td>R-R-R-R-R Knee II</td> <td>Front Tucks</td> </tr> <tr> <td>L-L-L-R-R-R Knee II</td> <td>Switches</td> </tr> </tbody> </table>	<u>Sgl-Leg Plyos</u>	<u>DbL-Leg Plyos</u>	(13)Knee II ___ x ___	(7)InPlace ___ x ___	S-Leg Lateral Hop	Pogos	L-L-L-L-L-L Knee II	Rear Tucks	R-R-R-R-R Knee II	Front Tucks	L-L-L-R-R-R Knee II	Switches
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Sprint Drills	(16)Skips AA's L-R-B A-Skip Ham Kicks High Knees												
Workout	Sprint for 15 sec, walk for 45 sec - Do this for 10 min. At the end of the workout you should have sprinted 10 times, for 15 sec each. If you can get to a hill, this is even better.												
Post Workout	Static (Stationary) stretching												