

CHOICE warm up  
5-10 minutes

YOU SHOULD NOT HAVE PAIN WHEN DOING THESE, IF YOU DO STOP  
YOU MAY HAVE SORENESS AFTER then exercises but it should go away in 24-48 hours that  
is normal (DOMS-delayed, onset muscle soreness-just like practice)

Jumping Jacks (or jump rope)  
10 sec fast: 20 sec ez continuous 4 rounds  
REST 20 sec  
Do 4 rounds

Stretching 5 minutes  
Hamstring, Piriformis, Calf

Step ups HIGH UPS  
(if you do not have a step) High Marches  
8 rounds  
60 seconds Alternating legs  
Rest 30 seconds

Main Set: 10 rounds  
Box Jumps: no more than 3  
REST 30 sec (may take longer rest)

(If you do not have box, then do streamline jumps as high as you can)

Fast squats 3 rounds  
10 reps x 4 sets

CHOICE Warm down 5 minutes or longer