

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Set Range	Time (sec)	Tempo	Rest	uni or bi	Date																					
									Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6			
a	HPT Tabata Jump Circuit video demonstration & instructions									wt																				
										Reps																				
										Note																				
b	Notes: Goal is 20 seconds on 10 seconds off. That is one round. You can take 1 minute between rounds, but the goal is to work towards only 10 seconds between rounds. Beginner: 4 sets: Intermediate: 8 sets: Advanced is 12 sets: World Class is 16 sets (in 8 minutes)									wt																				
										Reps																				
										Note																				
a1	alterating split squat jumps		1	3	4	20	sec	1	0	0	10	10	2	wt																
			2	4	5	20	sec	1	0	0	10	10	2	Reps																
			3	5	6	20	sec	1	0	0	10	10	2	Note																
a2	russian plyo box lateral hops (or skater hops if no box)		1	3	4	20	sec	1	0	0	10	10	1	wt																
			2	4	5	20	sec	1	0	0	10	10	1	Reps																
			3	5	6	20	sec	1	0	0	10	10	1	Note																
a3	squat jumps		1	3	4	20	sec	1	0	0	10	10	1	wt																
			2	4	5	20	sec	1	0	0	10	10	1	Reps																
			3	5	6	20	sec	1	0	0	10	10	1	Note																
a4	mini hurdle lateral hops		1	3	4	20	sec	1	0	0	10	60	2	wt																
			2	4	5	20	sec	1	0	0	10	60	2	Reps																
			3	5	6	20	sec	1	0	0	10	60	2	Note																
														wt																
														Reps																
														Note																
														wt																
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														wt																
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														Note																



Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program	5	12
M1	#N/A		M4	#N/A		time	7	16
M2	#N/A		M5	#N/A			9	20
M3	#N/A		M6	#N/A				

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									Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6			
a	HPT Tabata Jump Circuit video demonstration & instructions									wt																				
											wt																			
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											Reps																			
											Note																			
a1	alterating split squat jumps		4	5	6	20	sec	1	0	0	10	10	2	wt																
			5	6	7	20	sec	1	0	0	10	10	2	Reps																
			6	7	8	20	sec	1	0	0	10	10	2	Note																
a2	russian plyo box lateral hops (or skater hops if no box)		4	3	4	20	sec	1	0	0	10	10	1	wt																
			5	4	5	20	sec	1	0	0	10	10	1	Reps																
			6	5	6	20	sec	1	0	0	10	10	1	Note																
a3	squat jumps		4	3	4	20	sec	1	0	0	10	10	1	wt																
			5	4	5	20	sec	1	0	0	10	10	1	Reps																
			6	5	6	20	sec	1	0	0	10	10	1	Note																
a4	mini hurdle lateral hops		4	3	4	20	sec	1	0	0	10	60	2	wt																
			5	4	5	20	sec	1	0	0	10	60	2	Reps																
			6	5	6	20	sec	1	0	0	10	60	2	Note																
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Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program time	####
M1	#N/A		M4	#N/A			####
M2	#N/A		M5	#N/A			####
M3	#N/A		M6	#N/A			####