

JUMP ROPE CIRCUIT

- 3x15 seconds (30-60 seconds rest between reps)
 - High Knees
 - Toe Taps
 - Butt Kicks

- 3 sets of the below (30-60 seconds rest between set)
 - 10 x 2 feet hop
 - 10 x right leg hop
 - 10 x left leg hop
 - 20 x alternating legs (running legs)

Stair Circuit (all with walk down recovery)

- 2-4 sets x (2 minutes rest between sets)
 - Run 1 Step Every Stair (full staircase)
 - Run 1 Step Every Other Stair (full staircase)
 - Hop 2 Feet Every Stair (half staircase)
 - Hop 2 Feet Every Other Stair (half staircase)

- 1-2 sets x (2 minutes rest between sets)
 - Right Foot Every Stair ($\frac{1}{4}$ staircase)
 - Left Foot Every Stair ($\frac{1}{4}$ staircase)
 - Right foot lateral Every Stair ($\frac{1}{4}$ staircase)
 - Left foot lateral Every Stair ($\frac{1}{4}$ staircase)
 - Right Foot Every Other Stair ($\frac{1}{4}$ staircase)
 - Left Foot Every Other Stair ($\frac{1}{4}$ staircase)
 - If one foot every other is too hard, do TWO feet every other stair for half staircase
 - 2 feet every 2nd or 3rd Stair (half staircase)