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Plyo/sprint session #1

<b>WARM - UP</b>		<b>Exercise</b>	<b>Reps/Time</b>	<b>Sets</b>
<b>5 minutes</b>	A1	400m jog	1	2
	A2	4-point hump and dump	10	2
	A3	BW squat	10	2
<b>Session</b>	B1	Broad Jumps	10	5
	B2	Lunge back to start		5
	C1	Broad Jumps	5	5
	C2	Sprint	30m	5
	C3	Press-ups	10	5
	C4	backpedal to start		5
	D1	Sprint	50m	5
<b>Cool Down</b>	E1	400m gentle jog		
	E2	stretch	30s/muscle group	2

no rest between sets, max 45s between B-C and C-D