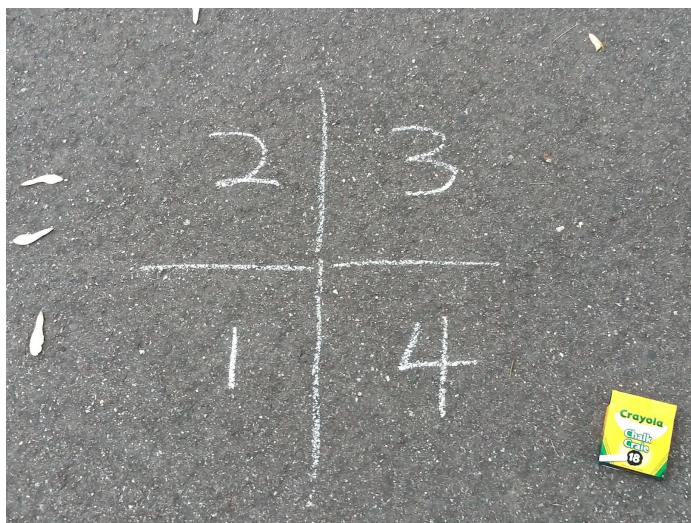
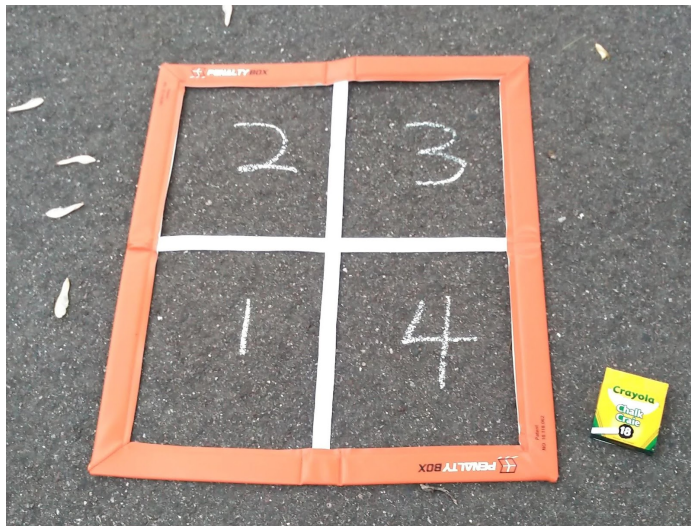


ASAP Workouts Speed Week #1:

Four Square Speed & Agility Workout

“Penalty Box” device used or use chalk to mark out the squares



For each pattern, hop back to square 1 to keep hopping continuously for the time of the circuit.

Example: 1-2 pattern, hop back and forth between 1 and 2

1-2-3 pattern: hop from 1, to 2, to 3, and back to 1 in a triangle pattern

First 7 Minute Circuit:

1-2: 10 seconds of jumping, 50 seconds rest

1-4: 10 seconds of jumping, 50 seconds rest

1-3: 10 seconds of jumping, 50 seconds rest

1-2-3: 10 seconds of jumping, 50 seconds rest

1-3-2: 10 seconds of jumping, 50 seconds rest

1-2-3-4: 10 seconds of jumping, 50 seconds rest

1-4-3-2: 10 seconds of jumping, 50 seconds rest

Rest for 3 minutes once completed (total time is 10 minutes)

Second 7 Minute Circuit:

1-2: 15 seconds of jumping, 45 seconds rest

1-4: 15 seconds of jumping, 45 seconds rest

1-3: 15 seconds of jumping, 45 seconds rest

1-2-3: 15 seconds of jumping, 45 seconds rest

1-3-2: 15 seconds of jumping, 45 seconds rest

1-2-3-4: 15 seconds of jumping, 45 seconds rest

1-4-3-2: 15 seconds of jumping, 45 seconds rest

Rest for 3 minutes once completed (total time is 10 minutes)

Third 7 Minute Circuit:

1-2: 20 seconds of jumping, 40 seconds rest

1-4: 20 seconds of jumping, 40 seconds rest

1-3: 20 seconds of jumping, 40 seconds rest

1-2-3: 20 seconds of jumping, 40 seconds rest

1-3-2: 20 seconds of jumping, 40 seconds rest

1-2-3-4: 20 seconds of jumping, 40 seconds rest

1-4-3-2: 20 seconds of jumping, 40 seconds rest

Rest for 3 minutes once completed (total time is 10 minutes)

You can start out with one 7 minute circuit, take 3 minutes rest, then do another circuit after that to complete almost a 20 minute workout. If you feel like doing more, try a third circuit to do a workout for almost 30 minutes.

This is a good workout to do 1 to 2 times a week, or up to 3 times a week if you have the time for it.

All you need is some chalk to put down the numbers and draw the squares on a driveway, parking lot, or on an outdoor court.

The "Penalty Box" device can be found online and is helpful for also turning into a hurdle to jump over for an added challenge. The site is www.penaltyboxtraining.com

Email me if you have any questions! rkarboviak@hotmail.com

Enjoy your new workouts!

Coach Rick