

Daily Workout

OVERALL POWER

Step 1: Two sets of 30 **boxing punches** - Perform light punches into the air using fists with your palms down. Alternate arms as you bounce lightly from foot-to-foot like a boxer.



Step 2: Two sets of 15 **power tosses** (partner needed) - Stand 8 to 10 feet across from your partner. One person grabs a medicine ball or other ball. Standing with the legs apart, slight bend in the knees, that person tosses the ball to his/her partner pushing the ball out from the chest. When the second person catches the ball, he/she can step forward with one foot to bring the ball into the chest or assume the same feet apart position. Keep tossing the ball back and forth for 15 repetitions.



Power Tosses

Step 3: One set of 10 **dumbbell clean and presses** - Standing, hold two dumbbells or weight objects in your hands with your arms hanging at your sides. Your feet should be turned slightly out and hip-width apart. Squat down and simultaneously bring the dumbbells up to shoulder level. Thrust your elbows forward so that they come under the dumbbells. Next, push up to a standing position, and as you do this, press the dumbbells overhead. Slowly lower the weights to the starting position.



Dumbbell Clean and Press

Step 4: Two sets of 10 **squat jumps** - Stand with the feet apart, toes turned slightly out, and squat back until your thighs are parallel to the floor. Press your feet down to explode off the floor, and jump as high as you can. Allow your knees to bend 45 degrees when you land, and then immediately drop back down into a squat, and jump again.

Squat Jump

