

## The Snertz Ultimate Workout

- Mile warm up jog
- 4 X 100yds strides at 50% effort
- 15-30 pushups 75-100 situps
- 2 X 40yds grapevines at 50 % concentrating on quick feet (grapevine = cross stepping)
- 2 X 40yds slides at 50 % stay low, bend knees (i.e. "the marking exercise")
- 2 X 40yds high knees at 50%
- 2 X 40yds butt kickers at 50%
- 2 X 40yds exaggerated skips at 50%
- 15-30 pushups 75-100 sit-ups

(stretch)

- 4 X 15 ground jumps - sprint 40yds after 15 jumps (ground jumps - touch the ground and then jump as high as you can reaching for the sky, landing and repeating as fast as you can)

puke

- 4 X 15 jump tucks - sprint 40yds after 15 jumps (jump tucks - jump as high as you can tucking your knees to your chest)
- 15-30 pushups 75-100 situps
- 2 X 40yds lunge/twists (regular lunges however you twist your torso left and right at the bottom of each lunge - do not slam knees into ground - control with your quads)
- these will give you the power to keep pivoting and faking late in the day)
- 2 X 40 frog jumps (do a standing broad jump land and jump again for 40yds)

your quads are now toast

- 15-30 pushups 75-100 situps
- 10 X 5-10-5 shuttle/cone runs (start run 5yds touch the line with hand, run 10 yds the other way touch the line, run 5yds stop)
- 10 X 40yds explosions (run a 40 as fast as you can)

Rest between sets should simulate ultimate - sometimes get a full recovery like at the end of a point or when Foust is arguing a call, sometimes see if you can do a couple back to back without rest kind of like guarding that guy from Axe - try to avoid passing out.

- 4 X 100yds strides at 50%
- Mile cool down jog and then (stretch)