

Day 3 Beginner Full Workout (Coach Levy)

Step Back right off left leg shot
Step back left off right leg shot

90 degree Squat hold
Frog Jumps 5 down and back

RH Dribble Left foot hop
LH Dribble right foot hop

90 degree Squat
Frog Jumps 5 down and back

RH behind back into left hand layup
LH begins back into right hand layup

90 degree Squat
Frog Jumps 5 down and back

Jump Stop RH finish off 2 feet
Jump Stop LH finish off 2 feet

90 degree squat
5 Frog jumps down and back.