

S.T.O.M.P.

WORKOUT ROUTINE | FULL PROGRAM

Five-Dot Protocol Mastery

Speed • Agility • Quickness • Coordination

30 MIN | 3-6X/WEEK | All Levels (Progressive)

PROGRAM OVERVIEW

The signature STOMP drill. 5 exercises performed 6 times each WITHOUT PAUSES.

Dot Layout on Your STOMP Mat:

Position	Location	What to Look For
Bottom-Left Dot	Yellow dot in the white square (left side)	Near the left “S.T.O.M.P.” text
Bottom-Right Dot	Yellow dot in the red square (right side)	Near the right “S.T.O.M.P.” text
Center	Red bullseye circle (middle of target)	The open red circle at the very center
Top-Left Dot	Yellow dot in the green square	Upper-left corner area
Top-Right Dot	Yellow dot near the yellow square	Upper-right corner area

Scoring Standards:

- **Super Quick:** Under 50 seconds
 - **Great:** 50–60 seconds
 - **Average:** 60–70 seconds
 - **Need Work:** 70–80 seconds
 - **Slow:** Over 80 seconds
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WARM-UP & ACTIVATION

JOINT PREP (0:00–5:00)

Exercise	Duration	Instructions
Ankle Circles	2 min	10 each direction. Full range of motion.
Toe Taps on Dots	1.5 min	Light taps on each colored dot. Wake up feet.
Calf Raises + Heel Drops	1.5 min	On mat edge. Build ankle strength.

PROGRESSIVE DOT WALK (5:00–10:00)

Exercise	Duration	Instructions
Walk-Through Pattern	3 min	Step through each drill pattern slowly. Learn the path between colored zones.
Half-Speed Runs	2 min	Same patterns at 50% speed. Build muscle memory.

THE FIVE-DOT PROTOCOL

DRILL 1: UP & BACK (10:00–14:00)

Up & Back — 6 reps NO PAUSE

Start with feet on the **Bottom-Left Dot + Bottom-Right Dot** (one foot on each yellow dot in the lower corners). Jump both feet to the **Center Red Bullseye**. Then one foot to the **Top-Left Dot** (green square) and one foot to the **Top-Right Dot** (near yellow square). Jump back to **Center**. Return to **Bottom-Left + Bottom-Right**.

Rest & Record — 30 seconds. Record your time. Compare to standards.

DRILL 2: RIGHT FOOT (14:00–18:00)

Right Foot Only — 6 reps NO PAUSE

Start at **Bottom-Left + Bottom-Right Dots**. Hop to **Center Red Bullseye** on your right foot. Then hop to **Top-Left Dot** (green square), **Top-Right Dot** (yellow area), back to **Center**, then **Bottom-Left Dot, Bottom-Right Dot** — all on your right foot only.

Rest & Record — 30 seconds. Right foot builds lateral stability.

DRILL 3: LEFT FOOT (18:00–22:00)

Left Foot Only — 6 reps NO PAUSE

Start at **Bottom-Right Dot** (red square). Hop to **Center Red Bullseye** on your left foot. Then hop to **Top-Left Dot** (green square), **Top-Right Dot** (yellow area), back to **Center**, **Bottom-Left Dot, Bottom-Right Dot** — all on your left foot only.

Rest & Record — 30 seconds. Identify imbalances between sides.

DRILL 4: BOTH FEET (22:00–25:00)

Both Feet — 6 reps NO PAUSE

Start at **Bottom-Right Dot** (red square). Jump both feet to **Center Red Bullseye**. Jump both feet to **Top-Left Dot** (green square), **Top-Right Dot** (yellow area), back to **Center**, **Bottom-Left Dot, Bottom-Right Dot**.

Rest & Record — 30 seconds. Power + coordination combined.

DRILL 5: TURN AROUND (25:00–28:00)

Turn Around — 6 reps NO PAUSE

Both feet on **Center Red Bullseye**. One foot to **Top-Left Dot** (green square), one foot to **Top-Right Dot** (yellow area). Rotate 180° clockwise. Both feet back to **Center**. One foot to **Bottom-Left Dot**, one foot to **Bottom-Right Dot** (red square). Rotate 180° counter-clockwise.

Rest & Record — 30 seconds. Most complex — tests spatial awareness.

COOL-DOWN & SCORE

RECOVERY (28:00–30:00)

Exercise	Duration	Instructions
Ankle Stretches	1 min	Flex/point each foot. Release tension.
Deep Breathing	1 min	4 in, 4 hold, 6 out. Bring heart rate down.

YOUR SCORE CARD

Drill	Time	Rating
1. Up & Back	_____ sec	_____
2. Right Foot	_____ sec	_____
3. Left Foot	_____ sec	_____
4. Both Feet	_____ sec	_____
5. Turn Around	_____ sec	_____
TOTAL	_____ sec	_____
