

MOBILITY

90s/90s Couch Stretch
90s/90s Pigeon Stretch
Open Gate (10m)
Close Gate (10m)
Heel Walking (10m)
Toe Walking (10m)
Walking Lunges (10m)
Reverse Lunges (10m)
Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
Butt kicks (10m)
Punter Kicks (10m)
Forward Skips (10m)
Backward Skips (10m)
Lateral Side Shuffle Down (10m)
Lateral Side Shuffle Back (10m)
2x:
10 Squats
10 Push Ups

FOR TIME

21 - 15 - 9

Dips (Dual)
Sprawl over parallette
Sit Ups (touch parallette)

FOR TIME

30 - 20 - 10 - 20 - 30

Toe Taps on Top
Plank with hand taps
Oblique crunches (L/R = 1)

FOR TIME

CHIPPER

30 Heel Taps (core)
30 Push Ups on Parallette
30 Lunges (alternating)
400m Run
20 Heel Taps (core)
20 Push Ups on Parallette
20 Lunges (alternating)
400m Run
10 Heel Taps (core)
10 Push Ups on Parallette
10 Lunges (alternating)

AMRAP

12 MINS

15 Air Squats
10 Burpee over Parallette (facing)
5 In & Outs (In + Out = 1 rep)

TIMED CIRCUIT

45 SEC ON / 15 SEC OFF
30 / 30
20 / 40
10 / 50

Plank Hold (feet behind)
Lateral Hops Over Parallette
Reverse Plank Hold (feet in front)
Supine Hold With Feet Over Parallette