

1. ECCENTRIC JUMPS NARROW<>WIDE



EQUIPMENT / SET-UP:

15 lb dumbbell or 8kg kettlebell

INSTRUCTIONS:

Start standing with feet together
Jump and land softly in a wide-ish squat position
Jump back to upright with feet together,
Touch down quickly before going right back down into the low squat



LOWER INTENSITY

Step: Out>Out (down) > In > In (up)

HIGHER INTENSITY

Add weight (Goblet hold)

2. SINGLE LEG BALANCE*



EQUIPMENT / SET-UP:

½ Foam roll or wobble disk

INSTRUCTIONS:

Stand on one leg on the wobbly surface, eyes open

**Switch at halfway beep*



LOWER INTENSITY

Single leg balance on ground

HIGHER INTENSITY

Touch hand to foot in front of your body, then behind, alternating. (hacky sack motion)

3. REVERSE LUNGE OFF STEP



EQUIPMENT / SET-UP:

6-12" step or box

Dumbbell sets: 10 lb, 20 lb (share between station 3&4)

INSTRUCTIONS:

Start on the box, step back and tap toe (but don't weight your foot)

Use glutes and quads of the top leg as you come back up

Try not to launch off with the bottom leg

Repeat (without switching sides)

*switch at 30 sec



LOWER INTENSITY

Lower step or no step

Shallower lunge on step-back

HIGHER INTENSITY

Add dumbbells: bilateral suitcase carry

4. STATIC SINGLE LEG SQUAT + WEIGHT PASS



EQUIPMENT / SET-UP:

Dumbbell: one 5 or 8 lb

INSTRUCTIONS:

Stand on one leg in a mini-squat
Maintain the squat as you pass a dumbbell back and forth from one hand
(go slow! work on smoothing out wobbles)

**switch legs at halfway bee*



LOWER INTENSITY

Shallower squat

Use toe-touch “kickstand” with the the opposite foot

HIGHER INTENSITY

Deeper squat

Reach further to the side on each pass

5. FRONT PLANK + KNEE TO ELBOW



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Start in full plank on hands (or fists if wrists bother you)
Bring one knee to the outside of the elbow on the same side
Hold 3 sec.
Alternate sides



LOWER INTENSITY

Keep feet planted & tap one knee to the ground
Alternate sides

HIGHER INTENSITY

—

6. HAMSTRING PULL BACKS



EQUIPMENT / SET-UP:

Floor mat
Gym ball (65 cm)

INSTRUCTIONS:

Start lying on your back with feet up on the ball, legs extended straight
Lift hips up into a bridge
Use your heels to draw the ball in towards you, then back out

Tip: keep hips high



LOWER INTENSITY

Keep hips on the ground

HIGHER INTENSITY

Single leg
*Switch sides at halfway beep

7. CORKSCREW REACH ACROSS*



EQUIPMENT / SET-UP:

One 5 lb dumbbell

INSTRUCTIONS:

Stand on one leg
Squat down and reach opposite hand across to far side of knee
Return up

Tips: Rotate from the hip and pelvis, avoid twisting your spine
Keep knee tracking straight ahead



LOWER INTENSITY

Opposite toe touched down as a “kickstand”

HIGHER INTENSITY

Add 5-10 lb dumbbell

8. BOX JUMP: UP & OVER



EQUIPMENT / SET-UP:

12" box

INSTRUCTIONS:

Jump up onto the box - land soft and stick it
Jump down to the ground - again, land soft and stick it
Turn around and return the same way

Tip: absorb your shock by controlling momentum into a deep squat as you land
watch knee alignment, keep knees straight ahead



LOWER INTENSITY

Squat + 3 low pulses, then explode up to toes

HIGHER INTENSITY

—

9. “ROTISSERIE CHICKEN” BRIDGE*



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Start in a single leg bridge

Opposite leg extended straight out, hands on hips

Rotate your pelvis, then return back to level

*Switch sides at halfway beep



LOWER INTENSITY

Single leg bridge without rotation

HIGHER INTENSITY

—

10. GRID JUMPS



EQUIPMENT / SET-UP:

Tape X on floor

INSTRUCTIONS:

Jump clockwise through each square of the grid
Keep it light, quick rebound to the next square

**Switch directions at halfway beep*



LOWER INTENSITY

Quick steps:
Forward / backward over line for first half
At beep, switch to lateral triple step over line

HIGHER INTENSITY

—

11. SIDE PLANK + THREAD THE NEEDLE*



EQUIPMENT / SET-UP:

One 5 lb dumbbell

INSTRUCTIONS:

Start in a side plank from your elbow and feet
(may stagger top foot in front of bottom foot for balance)
Reach top arm underneath your body, rotating your trunk
Return back forward and reach to the ceiling

Tip: on each return, lift hips up high



LOWER INTENSITY

Drop bottom knee down

HIGHER INTENSITY

Add 5 lb dumbbell

12. AIRPLANE*



EQUIPMENT / SET-UP:

Dowel for hand-support or set-up by counter or high plinth

INSTRUCTIONS:

Stand on one leg
Hinge forward at your hip
Rotate pelvis open ~45 degrees
Return to neutral, then close pelvis down ~15 degrees

*Switch sides at halfway beep



LOWER INTENSITY

Use upper body support (dowel or counter-top)

HIGHER INTENSITY
