

1. SQUAT HOLD + WEIGHT SHIFT



EQUIPMENT / SET-UP:

15 lb and 25 lb dumbbells

INSTRUCTIONS:

Start in a good squat position, Hold 5 sec.

Shift to the right, hold 5 sec

Shift to the left, hold 5 sec

Alternate side to side staying down in the squat



LOWER INTENSITY

Stand up between reps

HIGHER INTENSITY

Lower squat
Add dumbbell (goblet hold)

2. SIDE STEPS 3 WAYS



EQUIPMENT / SET-UP:

Mini band loops: easy, med, hard

INSTRUCTIONS:

Place the band at your ankles
Make smooth controlled steps to one side, then return
Do one lap with toes pointed straight ahead
Next lap toes pointed out
Next lap toes pointed in
Cycle through until time ends.

Tip: keep upper body steady and centered (no tick-tocking)



LOWER INTENSITY

Easier band

HIGHER INTENSITY

Harder band

3. SPLIT SQUAT + TRUNK ROTATION - RT.



EQUIPMENT / SET-UP:

Single Dumbbells: 10 lb, 20 lb (share between station 3&4)

INSTRUCTIONS:

Start in a staggered stance with right foot forward
Squat down into lunge position
Stay in lunge position and turn your trunk left and right
Come back to center and straighten your legs
Keep your feet planted in this position and repeat
(all one side at this station, switch legs next station)

Tips: As your trunk rotates, make sure your knee stays straight



LOWER INTENSITY

Shallower lunge

HIGHER INTENSITY

Add dumbbell: goblet hold (at chest)

4. SPLIT SQUAT + TRUNK ROTATION - LEFT



EQUIPMENT / SET-UP:

6-12" step or box

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

INSTRUCTIONS:

Start in a staggered stance with left foot forward

Squat down into lunge position

Stay in lunge position and turn your trunk left and right

Come back to center and straighten your legs

Keep your feet planted in this position and repeat

(all one side at this station, switch legs at previous station)

Tips: As your trunk rotates, make sure your knee stays straight



LOWER INTENSITY

Shallower lunge

HIGHER INTENSITY

Add dumbbell: goblet hold (at chest)

5. SINGLE LEG RDL + OVERHEAD PRESS*



EQUIPMENT / SET-UP:

Dumbbells: 5, 10, 15 lb

INSTRUCTIONS:

Stand on one leg with weight in the opposite hand
Hinge forward at the hip, weight drop straight to the floor
Return upright and press the weight overhead

Tips: keep back straight and hips level

*Switch legs at halfway beep



LOWER INTENSITY

Add opposite foot toe touch as a “kickstand”

HIGHER INTENSITY

—

6. SPLIT SQUAT JUMPS

ECCENTRIC FOCUS*



EQUIPMENT / SET-UP:

(none)

INSTRUCTIONS:

Start standing upright, feet together
Jump and split one foot forward, one back
Land into a lunge position softly, absorb the shock
Power back upright
Quick touch of feet together and rebound back down

*Switch legs at halfway beep



LOWER INTENSITY

Static split squats - keep feet planted
Lower down slowly (~3-4 sec), then power up
*switch at halfway beep

HIGHER INTENSITY

7. SL HEEL BRIDGE / HIP THRUSTER*



EQUIPMENT / SET-UP:

Bench or low plinth (to rest upper back on)
10 lb and 20 lb Dumbbell

INSTRUCTIONS:

Start with shoulders resting on the bench, hips down
Walk feet out so your knee is at $>90^\circ$ deg angle, weight on heels
Lift one leg
Raise hips, hold 5 sec.
Feel it work in your glute and hamstring
Repeat

*Switch legs at halfway beep



LOWER INTENSITY

Double leg variation

HIGHER INTENSITY

Add dumbbell on hips

8. STANDING CLAMSHELL*



EQUIPMENT / SET-UP:

Mini bands: light and medium resistance
Chair, bench or box (to rest back foot on)

INSTRUCTIONS:

Start one step in front of a chair with back foot resting on the chair
Band just above knees
Rotate knee out and up, hold 5 sec.

Tip: keep pressure out into the band with the standing knee

*Switch legs at halfway beep



LOWER INTENSITY

Lighter Band

HIGHER INTENSITY

Harder Band

9. LOW>MED>HIGH JUMPS



EQUIPMENT / SET-UP:

(none)

INSTRUCTIONS:

Start in a low squat
Jump a couple inches off the ground
Jump a little higher
Then jump as high as you can vertically



LOWER INTENSITY

Start in a squat
Pulse low>low>explode up to your toes (without leaving the ground)

HIGHER INTENSITY

—

10. INCLINE HIP FLEXION



EQUIPMENT / SET-UP:

Station at high-low plinth (ideal for allowing height adjustment to vary intensity) , high box or counter also works
Light and medium mini-bands

INSTRUCTIONS:

Start with a band around the balls of your feet in a plank position leaning against a counter, wall or box
Drive one knee up towards your chest, hold 5 sec
Repeat on the same side

Tip: Keep spine neutral (no rounding)

**Switch sides at halfway beep*



LOWER INTENSITY

No band
Perform at higher incline or wall

HIGHER INTENSITY

Harder band
Perform at lower incline

11. LATERAL DL JUMP + SL LAND



EQUIPMENT / SET-UP:

Large floor space

INSTRUCTIONS:

2 jumps to the left / 2 jumps right
Land on 2 feet in the middle, quick rebound
Land on 1 foot on each side and stick it (land soft, absorb it)

Tip: try not to let your body pass beyond the outside foot during the landing on each side



LOWER INTENSITY

Lateral glides: (right>together>right ; left>together>left)

HIGHER INTENSITY

—

12. ADDUCTOR BALL BRIDGE



EQUIPMENT / SET-UP:

Floor mat

Gym ball (~65 cm)

INSTRUCTIONS:

Start with legs out straight on either side of the ball
(10 o'clock and 2 o'clock position)

Squeeze into the ball, lift hips

Feel it working in your inner thighs

Hold 8-10 seconds, repeat



LOWER INTENSITY

Keep hips down, squeeze into the ball with straight legs on either side of the ball

HIGHER INTENSITY
