

1. CURTSY SQUAT RIGHT



EQUIPMENT / SET-UP:

15 lb and 25 lb dumbbell

INSTRUCTIONS:

From standing: take left foot back and cross it behind
Squat down into a lunge position
Return to standing and repeat with the same leg.

Tips:

- Keep chest up
- Keep back foot in closer to reduce knee torque

(Stay on one side the entire duration of this station)



LOWER INTENSITY

Shallower squat, smaller step-back

HIGHER INTENSITY

Increase weight

2. CURTSY SQUAT LEFT



EQUIPMENT / SET-UP:

15 lb and 25 lb dumbbell

INSTRUCTIONS:

From standing: take right foot back and cross it behind
Squat down into a lunge position
Return to standing and repeat with the same leg.

Tips:

- Keep chest up
- Keep back foot in closer to reduce knee torque

(Stay on one side the entire duration of this station)



LOWER INTENSITY

Shallower squat

HIGHER INTENSITY

Increase weight

3. SIDE PLANK + TOP LEG LIFT*



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Side plank from knees

Lift top leg, hold 5 sec, then lower leg

Repeat

Tip: keep hips lifted high the entire time.

*Switch sides at halfway beep



LOWER INTENSITY

No top leg lift

HIGHER INTENSITY

Side plank from feet

4. BOX JUMP DOWN + VERTICAL JUMP



EQUIPMENT / SET-UP:

12" step or box

INSTRUCTIONS:

Start standing on the box
Take off with both feet at the same time, jump to the floor
Quick rebound into a vertical jump
Stick it: land softly in a squat



LOWER INTENSITY

Stay on the ground: do low-medium-high vertical jumps
(option to go up on toes rather than leaving the ground)

HIGHER INTENSITY

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5. BRIDGE MARCH W/ FEET ELEVATED



EQUIPMENT / SET-UP:

Floor mat
Bench, chair or low plyth
10 lb dumbbell

INSTRUCTIONS:

Start lying on your back with feet on chair/bench, knees bent
Lift your hips
Lift one leg up, hold 5 seconds, then switch
Alternate back and forth keeping hips up



LOWER INTENSITY

Partially unweight rather than fully lifting foot while marching

HIGHER INTENSITY

Dumbbell on hips

6. REVERSE LUNGE KNEE TO FLOOR*



EQUIPMENT / SET-UP:

10, 20, 30 lb dumbbell

INSTRUCTIONS:

From standing:
Step back into a lunge, tap knee to floor
Return to standing

Tips:

- Watch knee alignment
- Squeeze glute as you come up to standing

*Switch legs at halfway beep



LOWER INTENSITY

Shallower lunge

HIGHER INTENSITY

Add dumbbell (goblet hold)

7. SINGLE LEG RDL w/ weight pass*



EQUIPMENT / SET-UP:

5 lb dumbbell

INSTRUCTIONS:

Stand on one leg
Hinge forward at the hip into a "T"
Stay in that position and pass the weight slowly from hand to hand

Tip: keep core engaged!

*Switch legs at halfway beep



LOWER INTENSITY

No weight pass
"Kickstand" toe touch with opposite foot if needed

HIGHER INTENSITY

8. SPLIT SQUAT JUMPS w/ REAR FOOT ELEVATED*



EQUIPMENT / SET-UP:

Bench, chair or plynth (to rest back foot on)

INSTRUCTIONS:

Start by standing one large step-length in front of a chair or bench
Place your back foot on the bench, but keep your weight on the front leg
Squat down to ~45 degrees
Jump up with the front leg (back toe stays touching the chair/bench)
Land softly
Repeat

*Switch legs at halfway beep



LOWER INTENSITY

Slow lower > Power up (without leaving the ground)

HIGHER INTENSITY

9. BALL PLANK + KNEES TO CHEST



EQUIPMENT / SET-UP:

Floor mat

Gym ball (65cm)

INSTRUCTIONS:

Start in a plank with feet over a large ball

Then, draw your knees in to your chest

Squeeze abs in tight

Then return out straight. Repeat.



LOWER INTENSITY

Static plank with feet on ball (no knees to chest)

HIGHER INTENSITY

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10. SINGLE LEG GRID HOP*



EQUIPMENT / SET-UP:

Tape "X" on floor

INSTRUCTIONS:

Quick light hops
Reverse directions after each time around

**Switch legs at halfway beep*



LOWER INTENSITY

Double leg hops or Quick steps (forward / back & lateral)

HIGHER INTENSITY

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11. HALF-KNEELING BALANCE*



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

One knee down, other knee up with front foot in line with back knee
and arms crossed over your chest
Close your eyes and balance

**Switch sides at halfway beep*



LOWER INTENSITY

Bring front foot out to the side a bit to widen your base

HIGHER INTENSITY

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12. LATERAL “SKATER” HOPS



EQUIPMENT / SET-UP:

(None)

INSTRUCTIONS:

Jump to the side, land on one foot and “stick it”
Jump back the other way

Tips:

Land softly

Don’t let your body pass over the landing leg



LOWER INTENSITY

Lateral glide (no hop)

HIGHER INTENSITY

Higher arc

