

1. LUNGE + QUICK KNEE UP



EQUIPMENT / SET-UP:

(None)

INSTRUCTIONS:

Step back into a lunge (back knee to floor)
Power up to standing and drive knee to chest

Tips:

- Keep front knee tracking straight

Switch sides at halfway beep



LOWER INTENSITY

Shallower lunge

HIGHER INTENSITY

Add hop at the top of the motion

2. FRONT PLANK + SHOULDER TAPS



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Start in a plank with feet wide, hands close together
Alternate tapping shoulders

Tip: keep trunk and hips very still



LOWER INTENSITY

Drop knees to floor

HIGHER INTENSITY

Feet closer together

3. JUMP DOWN + LATERAL REBOUND



EQUIPMENT / SET-UP:

12" box

INSTRUCTIONS:

Start standing on the box
Jump down, land on 2 feet
Quick rebound to the side
Land on one foot and stick it
Repeat, going to the other side



LOWER INTENSITY

HIGHER INTENSITY

"L-shaped" Triple Step

4. CORKSCREW + OVERHEAD PRESS (RIGHT)



EQUIPMENT / SET-UP:

5 lb and 10 lb dumbbell

INSTRUCTIONS:

Hinge at your hip and initiate a squat
Reach across to the opposite knee
Return to standing
Press weight overhead

Tip:
Rotate from your hip joint, avoid twisting spine

Remain on one side the entire duration of this station



LOWER INTENSITY

Add kickstand with opposite foot

HIGHER INTENSITY

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5. CORKSCREW + OVERHEAD PRESS (LEFT)



EQUIPMENT / SET-UP:

5 & 10 lb dumbbell

INSTRUCTIONS:

Hinge at your hip and initiate a squat
Reach across to the opposite knee
Return to standing
Press weight overhead

Tip:
Rotate from your hip joint, avoid twisting spine

Remain on one side the entire duration of this station



LOWER INTENSITY

Partially unweight rather than fully lifting foot while marching

HIGHER INTENSITY

Dumbbell on hips

6. “JOHN WAYNE” WALK



EQUIPMENT / SET-UP:

Mini-bands: light, medium, heavy bands

INSTRUCTIONS:

Place band at ankles, stand in a slight squat

Walk forward, then backwards

*Keep feet and knees wide

Tip: Keep shins vertical, knees over feet
(avoid stepping feet wider than knees can go)



LOWER INTENSITY

HIGHER INTENSITY

Lighter band

Heavier band

7. SINGLE LEG BOX JUMP*



EQUIPMENT / SET-UP:

6" Box

INSTRUCTIONS:

Stand on one foot facing the box
Jump up onto the box and land on the same foot

*Switch legs at halfway beep



LOWER INTENSITY

Double leg box jump
Or squat to tip-toes

HIGHER INTENSITY

8. SPLIT LUNGE HOPS



EQUIPMENT / SET-UP:
(None)

INSTRUCTIONS:

Start in a lunge position
Jump up, switch legs, and land in a lunge with the other foot forward
Repeat, switching legs with each jump

Tips:
Land softly and absorb the shock into a deep lunge
Keep front knee tracking straight



LOWER INTENSITY

HIGHER INTENSITY

Slow lower > Power up (without leaving the ground)

9. BOSU SQUAT + ROCK



EQUIPMENT / SET-UP:

BOSU Ball (set-up near something stable to hold while getting on/off)

INSTRUCTIONS:

Start in a squat standing on the flat side of the BOSU (round/soft side down)

Stay down in the squat

Drive one foot down to tilt the board, then tilt to the other side

Tip: Keep your body fairly centered, use your legs to move the board



LOWER INTENSITY

No BOSU: Squat with feet on the ground and shift your weight side to side

HIGHER INTENSITY

Deeper squat

10. SIDE PLANK + RESISTED CLAMSHELL*



EQUIPMENT / SET-UP:

Floor mat

Resistance bands: light and medium

INSTRUCTIONS:

Place a band at your knees

Start in a side plank from knees and elbow (feet tucked behind)

Lift hips high and stay in a plank

Keep heels together and rotate the top knee open

Hold 5 seconds

Lower the knee, but keep hips up

Repeat

**Switch sides at halfway beep*



LOWER INTENSITY

No band

Lower down between reps

HIGHER INTENSITY

Higher resistance band

11. HIGH STEP W/ FARMER CARRY*



EQUIPMENT / SET-UP:

18" step & 12" step
15 & 25 lb dumbbell sets

INSTRUCTIONS:

Stand with one foot on the top step, dumbbells in both hands
Step up and back down
Remain on one side until halfway beep

Tip:

Use the top leg for power, avoid launching off with the bottom leg

**Switch sides at halfway beep*



LOWER INTENSITY

Lower step, lower weight

HIGHER INTENSITY

12. HAMSTRING WALK/SLIDE OUTS



EQUIPMENT / SET-UP:

Floor mat

Sliders (if you don't have sliders, do walk-out version)

INSTRUCTIONS:

Lying on your back, with both feet on sliders
lift your hips up into a bridge
Slide both feet out and in, keeping hips up

Alternatively: do this without sliders and walk your feet out and in



LOWER INTENSITY

Double leg bridge with heel dig

HIGHER INTENSITY

Single leg slider

