

Notes:

### 1. Push-ups



- Put your feet together and place your hands slightly outside of your shoulders.
- Lower yourself all the way down so your chest almost makes contact with the ground and push back up.
- Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.
- Do not let your chin move forward. Keep your head in line with your spine.

### 2. Dead bug



- On your back and with the pelvis stabilized, bring your legs at 90° one after the other and lift your arms up
- Under control, lower the right leg and right arm toward the floor and lift back up.
- Keep the pelvis still and stabilized at all time.
- Repeat with the other side.
- Hold exercise ball between shins and arms for added challenge\*\*

### 3. Mountain climber, on hands



- In a plank position on your hands, bring your knees toward your elbow on the same side alternately.
- Make sure that your hips and lower back stay neutral during the duration of the exercise.

### 4. Burpees



- Touch the ground with your chest (either by doing a classic push-up or not) and go back up and jump with your arms higher than your shoulders.
- Repeat.

### 5. Scissors Jump



- Stand in a lunge (split squat) with hips and knee all positioned at 90° degrees, the knee caps aligned with 2nd toes, the back knee doesn't touch the floor.
- Push and jump up and switches feet quickly so that when you land, you are in the same position, but feet are switched. Repeat quickly with control.

Notes:

## 6. Squat jump



- Get into a squat position with your thighs slightly above parallel and feet shoulder-width apart.
- Place your hands behind your head with your fingers interlocked.
- Explosively jump up to a maximum height and land in the same starting position (squat position) and repeat immediately.
- There should not be any horizontal or lateral movement while you jump.
- TRY MORE: turn 180 degrees to land facing the opposite direction.

## 7. Dynamic Planks



- Begin planking from knees or toes with elbows on the bosu
- Keeping the core braced, lift one elbow after the other to place hands on the bosu
- Push yourself up into a plank from your hands
- Slowly lower yourself, one arm at a time, to return yourself to your elbows

## 8. 2 leg tuck jump



- Start with your feet shoulder-width apart in a comfortable position.
- Begin with a countermovement then explosively jump up. In the air, quickly pull the knees to your chest and grasp them, then release before landing.
- Land in the same starting position and repeat the hop immediately.
- There should not be any horizontal or lateral movement while you jump.

Notes:

**Exercise#1 : Page 1 REN10177 Push-ups**



**Exercise#2 : Page 1 GEN44815 Supine pelvic stabilisation (ipsilateral arm and leg movement)**



**Exercise#3 : Page 1 ECH100675 Mountain climber, on hands**



**Exercise#4 : Page 1 REN10583 Burpees**



**Exercise#5 : Page 1 GEN13003 Standing, scissors jump in alternating lunges**



**Exercise#6 : Page 2 PIL8606 Squat jump**



**Exercise#7 : Page 2 GEN122371 Dynamic Planks**



**Exercise#8 : Page 2 PIL8607 Double leg tuck jump**

