

Period 1 - General Body Resistance

Upper Body

Chair Dips

Pull Ups

Push Ups

Core

Sit Ups on Physioball

Prone Plank Knee Extension on Physioball

Supine Knee Curl on Physioball

Back Extensions

Russian Twist

Isometrics

Front Brace

Right Side Brace

Left Side Brace

Back Brace

Lower Body

Squad

Calf Raises

Lunges

Plyometrics

Vertical Jumps

Frog Jumps

Both Knees to the Chest