

STATION 1

Partner 1

1. **Hammer Curl Squat** x10
2. **Reverse Lunge Flys** x10
3. **Squat Front Raises** x10



▶ HAMMER CURL SQUAT



▶ REVERSE LUNGE FLYS



▶ SQUAT FRONT RAISES

STATION 1

Partner 2

- 1. Tuck Jumps/Jump Squat x10**
- 2. Alternate Lunges x10**
- 3. High Knees x10**



 TUCK JUMP



 JUMP SQUAT



 HIGH KNEES

STATION 2

Partner 1

1. Clock Lunge



 CLOCK LUNGE

STATION 2

Partner 2

- Squat Jump Ladder runs** (increasing reps)



STATION 3

Partner 1

- 1. Dumbbell Squat Press**
x10
- 2. Overhead Dumbbell**
Punches x10



▶ DUMBBELL SQUAT PRESS



▶ O/HEAD D/BELL PUNCHES

STATION 3

Partner 2

1. Travelling Jump Squat



TRAVELLING JUMP SQUAT

STATION 4

Partner 1

1. **Knee Up Downs** (alternate leading knee)



▶ KNEE UP DOWNS

STATION 4

Partner 2

1. Clock Push Up



▶ CLOCK PUSH UP

STATION 5

Partner 1

1. **Run to Opposite**

Cone (jump over cone and return
each time increasing cone jump by one
rep at each cone)

STATION 5

Partner 2

1. Travelling Squats



▶ TRAVELLING SQUAT

STATION 6

Partner 1

1. Reverse Lunge

Flys



▶ REVERSE LUNGE FLYS

STATION 6

Partner 2

1. **3 count Jump**

Jacks/Star Jumps

STATION 7

Partner 1

1. Straight Arm

Full Sit-up



STATION 7

Partner 2

1. Ab Roll-Ups



▶ AB ROLL UP

STATION 8

Partner 1

1. Dumbbell Russian

Twist



D/BELL RUSSIAN TWIST

2. Bicycle Sit-Up



BICYCLE SIT UP

STATION 8

Partner 2

- 1. Plank Up & Down**
- 2. Spiderman Climb**



▶ PLANK UP & DOWN



▶ SPIDERMAN CLIMB