

- Circuit
 - 50 jumping jacks
 - 20 crunches
 - 30 squats (body weight)
 - 1 min plank
 - 1 min wall sit
 - 10 burpees
 - 30 sec side plank - right
 - 20 squats (body weight)
 - 30 sec side plank - left
 - 15 crunches
 - 10 push ups
 - 1 min wall sit
 - 10 burpees
 - 20 squat jumps
 - 40 jumping jacks
 - 20 lunges
 - 30 crunches
 - 10 push ups
 - 10 burpees
 - 15 squats
 - 10 lunge jumps
 - 1 min wall sit
 - 10 burpees
 - 20 star jumping jacks
 - 25 crunches
 - 1 min plank
- 5 x 40 m runs
- 2 to 4 times (2 x 20 m speed, 2 x 40 m speed, 2 x 50 m speed)
- 6 x 150 m strides, walk back
- 6 x 200 m strides, walk back
- 8 x 80 m uphill runs, walk down
- 3 x 300 m run – 50 m walk – 200 m run
- 4 to 8 times (100 m run slow + 100 m run medium + 100 m run fast + 100 m walk)

Core / Back / Posture - Regular sit ups, crunches, v-sit forward bicycles, v-sit backward bicycles, lay down scissor kicks, bus drivers, banana roll, superman, v up sit up, row with band around foot

Plank – Forward, sides, elbow – elbow – hand – hand, rotate and reach to sky, balance – with right arm and left leg up, then left arm up and right leg up, walk 3 to the side – push up, walk 3 back – push up, perfect push ups

Squats – Wall sit, squats, single leg squats, squat jumps

Lunges – Forward, side, 45 degree angle, lunge jumps

Hammy's – lay down with back and heels on floor, raise hips, walk heels in and out

Flexibility –toe touch, quad stretch, flamingo, lunge – kneel and reach, side lunge, knee hug

Hip Flexor / Core Strength – froggies, mountain climbers, burpees, star jumps

Balance – single leg hold with knee up, do it with eyes closed, single leg reach out with flat back, single leg slow little hops, heizman bound and hold pose, 3 point touch ground side, middle and side

Quickness – jump rope, line jumps, hop scotch, agility ladders (driveway with chalk)