

1. Squat	<ul style="list-style-type: none"> <li>• Stand with your feet together and your hands by your side.</li> <li>• Bend at your knees and squat down till your knees make a 90 degree angle.</li> <li>• As you squat down raise your arms up to shoulder height. Keep your arms straight.</li> </ul>
2. Press up (incline)	<ul style="list-style-type: none"> <li>• Starting position with hands and chest on the bench</li> <li>• Straight head/neck position.</li> <li>• Keep shoulders back &amp; stable.</li> <li>• Hands below plane of shoulders.</li> <li>• Pressure on outside of hands.</li> <li>• Hips and torso straight.</li> <li>• Full range of motion.</li> <li>• Controlled tempo.</li> </ul>
3. Jumping Knee raises (Alternate Knees)	<ul style="list-style-type: none"> <li>• Alternate legs</li> <li>• Hold strong core position</li> <li>• Land as quietly as possible, which requires control.</li> </ul>
4. Press up (Regular)	<ul style="list-style-type: none"> <li>• Starting position on the floor.</li> <li>• Straight head/neck position.</li> <li>• Keep shoulders back &amp; stable.</li> <li>• Hands below plane of shoulders.</li> <li>• Pressure on outside of hands.</li> <li>• Hips and torso straight.</li> <li>• Full range of motion.</li> <li>• Controlled tempo</li> </ul>
5. Squat Jump	<ul style="list-style-type: none"> <li>• Stand with your feet shoulder-width apart.</li> <li>• Start by doing a regular squat, then engage your core and jump up explosively.</li> <li>• When you land, lower your body back into the squat position to complete one rep.</li> <li>• Land as quietly as possible, which requires control.</li> </ul>
6. Press up (Decline)	<ul style="list-style-type: none"> <li>• Starting position with feet above a bench.</li> <li>• Straight head/neck position.</li> <li>• Keep shoulders back &amp; stable.</li> <li>• Hands below plane of shoulders.</li> <li>• Pressure on outside of hands.</li> <li>• Hips and torso straight.</li> <li>• Full range of motion.</li> <li>• Controlled tempo</li> </ul>
7. Lateral Jump	<ul style="list-style-type: none"> <li>- Use any available item, start with something low to the ground and as competence improves can use something with a little height</li> <li>- Maintain good body posture and core strength</li> </ul>
8. Press up (with clap)	<ul style="list-style-type: none"> <li>• Starting position on the floor.</li> <li>• Straight head/neck position.</li> <li>• Keep shoulders back &amp; stable.</li> <li>• Hands below plane of shoulders.</li> <li>• Pressure on outside of hands.</li> <li>• immediately push body up as fast as possible.</li> <li>• As the hands leave ground, rapidly clap hands together</li> <li>• Hips and torso straight.</li> <li>• Full range of motion.</li> <li>• Controlled tempo.</li> </ul>
9. Burpee	<ul style="list-style-type: none"> <li>• Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.</li> <li>• Push your hips back, bend your knees, and lower your body into a squat.</li> <li>• Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.</li> <li>• Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels.</li> <li>• Jump your feet back so that they land just outside of your hands.</li> <li>• Reach your arms over head and explosively jump up into the air.</li> <li>• Land and immediately lower back into a squat for your next rep.</li> </ul>

10. Press up (alternate regular with incline)	<ul style="list-style-type: none"> <li>• Starting position on the floor in front of a bench.</li> <li>• Alternate points from “regular press ups” with “incline press ups”.</li> <li>• Full range of motion.</li> <li>• Controlled tempo.</li> </ul>
11. Squat jump (with weight)	<ul style="list-style-type: none"> <li>• Stand with your feet shoulder-width apart and weight held to chest.</li> <li>• Start by doing a regular squat, then engage your core and jump up explosively, extend arms away from the chest above the shoulder line.</li> <li>• When you land, lower your body back into the start position to complete one rep.</li> <li>• Land as quietly as possible, which requires control.</li> </ul>
12. Sit-ups (legs raised)	<ul style="list-style-type: none"> <li>• Lie on your back on the floor. Bend your knees (or straight leg alternative) and hook your feet under a secure brace or overhang. ...</li> <li>• Put your hands on the sides of or behind your neck.</li> <li>• Bend your hips and waist to raise your body off the ground or bench.</li> <li>• Lower your body back to the starting position</li> </ul>
13. Roll ups	Use hands to begin with to help push off ground progressing to not using them
14. Hip bridge	<ul style="list-style-type: none"> <li>• Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.</li> <li>• Lift your hips off the ground until your knees, hips and shoulders form a straight line.</li> <li>• Hold your bridged position for a couple of seconds before easing back down.</li> <li>• Alternative using bench</li> </ul>
15. Jumping Knee Raises (both knees)	<ul style="list-style-type: none"> <li>• Feet shoulder-width apart and arm by your side.</li> <li>• Lower yourself down into a squat position, with back as flat as possible. Lower until it feels as though your heels are about to lift off of the floor.</li> <li>• Stay lowered only briefly and, then jump up, using arms for momentum and balance.</li> <li>• Bring both knees as high as possible into the tuck position.</li> <li>• Land back down as softly as you can to avoid putting too much pressure on your knees. Hips should also come back and down to absorb some of the impact as well.</li> </ul>
16. Scissors Kick	<ul style="list-style-type: none"> <li>• Lie on your back on the floor with your legs extended in front of you and your arms by your side, palms down.</li> <li>• Raise your legs off the ground about half a foot for your starting position.</li> <li>• Keeping your legs straight, lift one leg upward until it is at a 45-degree angle and your toe is pointing out.</li> <li>• Lower the leg that is raised while raising the other leg that is lowered, keeping your heels a few inches off the ground at all times.</li> <li>• Breathing regularly, continue to alternate legs in this scissor fashion for a complete set.</li> </ul>