

Mobility	Shoulder Stamina	Upper Strength	Plyometrics	Leg Strength	Core
Mobility w/ PVC	Banded Goat Poals	Pull Ups on TRX	Lateral or forward Hop Single Leg	Goblet Squat	Turkish Get up with Med Ball
World's Greatest Stretch	Banded Y Release w/ Strapped Y Bulses	Negative Release Push Ups	Squat Hold to Jump	Goblet Split Squat	Dead Bug - add w/ rot ball for those who can
Hip Openers w/ Knees to Ground	Single Arm w/ band Y and goat poals	Band Lateral Raises	Side Single Leg Jump Over Joses	Banded Dosed Lifts	Stomach Hollow Hold
Squat Figure 8 with Tennis Balls	Deceleration Chest Press for Eccentric Pectoral Training	Over Head Press	Toe Taps on Bosu or Box	Single Leg Pistol off Box/Bench	Arrow w/ up and down on step to build shoulders
Downward Dog to Thread the Needle to Chest Open	Scapula Push Ups	Around the World	Single Leg Knee Dive on Box - Rapid or with a Jump	Glad Bridge March w/ Wt Overhead Iso Hold	Crab w/ rotations w/ w/ or ball
Elbows on Bench/Box w/ passive Extension for Lat Lengthening	Plank w/ Med Ball Figure 8s	Prone Position Around the World	Jump from box to ground soft land plus 2 hurdles	Banded Hip Flexor w/ Band For Knee Drive	Dead Stop Push Up to Hollow Roll
Thumbs up Clock Exercise		Single or double Arm DB Row	Sit on box in back lean roll fwd to squat jump	Single Leg Dead Lift	Side Planks w/ Dip
Thumbs up on Foam Roller in Child's Post		Strnd Push Press	Single Leg Hop to Jump	Single Arm Scatich	Side Planks
Plated Overhead Extension on Floor w/ foam roller at Thoracic Spine		Upright DB Rows	Med Ball Squat Jumps x 3 then drop ball and squat jump	Box Step Up W/ft w/ - pull case or Over Hip	Cooper's walk
Hip Opener w/ kettle bell		Man Makers	Burpee Broad Jumps	Sumo Dead Lift High Pulls	Super Man
Prisoner Squat with PVC		Band High Pulls	Soft squat jump	Prisoner Squats to step up	Plank w/ single arm Med Ball Pass to Feet or to Feet Partner
		Band Chest Press	Reverse lunge to jump	PVC pipe squats - advance to back squat to	PhysioBall Plank w/ Flutter Kick if can
		Med Ball Slams	Skaters	Cossack squat w/ or w/o weight	Bear Crawls
		Med Ball Wall Balls	Banded high knees	Reverse lunge with over head press	Push up on step with band on shins and leg lift one at a time
		Push Ups	Banded Star Jumps	Single Leg Dead lift to jump	Kettle bell swings
		Triceps Extension w/ w/ or band	Bulgarian Hops	Kneeheld Sprints	Partner Russian twist med ball passes
		Bench Press on PhysioBall	Wall knee drives for speed then tuck jump		PhysioBall Knee tuck or pike
		Triceps Dips on Chair			Hollow Hold Ball Toss/Catch
		Battle Rope - lots of options			Ball Plank - buzz saw sit/ rot leg lift repeat
		Resistance band Seated Row			Kneeling ball slams
		Sled over Row			
		Front Raise with isometric hold			

Warm Up	Plyometrics	Strength Upper	Legs	Core	Finisher if Time
Inch worm					Squats to Bring Sally Up
3 push up					Burpees to Thunder
Worlds Greatest Stretch					Wall Plank Hold Competition
Downward dog					Speed toe taps to exhaustion
Asian Squat					
Repeat other side					
Repeat 2-3 times					
Add from extra mobility					
(if kids complaining of pain)	2-4 exercises	Can do 3 sets of 8-15 depending on goal	Same	Stability focus	Some type of stamina exercise that is as a group for time or competition for who can hold the longest
	For 5-7 min	8-12 = heavy for strength (13 and older)		3x15	
		12-15 = stamina/muscle endurance			
		2 groups of a combo 1-2 of each upper, lower and a core			