

(30 Station) Tuesday Break Dryland Exercises

5- Plank and Ab Stations

10 - MB Exercises or Body Weight Stations

5- Jump Rope Stations (Between Stations)

5- Bridge Series

1. 100 Jump Rope As fast as Possible

PLANK:

2. Regular
3. Right Side Plank
4. Left Side Plank
5. Walking (Push up position)
6. Vince Carter (Knees or push up)

7. 100 Jump Rope As fast as Possible

Medicine Ball or Body Weight:

8. Jump and Reach OR Jumping Jacks
9. Toe-to-Ceiling OR Streamline Jumps
10. Triceps OR Should Squeezes in Push Up position
11. Left Leg Backwards Lunge (Reach ball up then Ball to Right Knee) OR Backwards Lunge
12. Right Leg Backwards Lunge (Reach ball up then ball to Left Knee) OR Backwards Lunge

13. 100 Jump Rope As fast as Possible

MB 6-10:

14. Squats (Ball at Chest) OR Body Weight Squats
15. Squats (Ball on Shoulders) OR Squat Jumps
16. Full Slams OR Side Lunge
17. Lunge and Slam (Right Side Slams) OR Forward Lunge
18. Lunge and Slam (Left Side Slams) OR Forward Lunge

19. 100 Jump Rope As fast as Possible

BRIDGE SERIES:

20. High Hips
21. Mountain Climbers
22. Walking Bridge
23. Mountain Climbers
24. Dead Bug (Legs only) Hold Arms straight up – Lower one leg at a time for “:03 Opelika”

25. 100 Jump Rope As fast as Possible