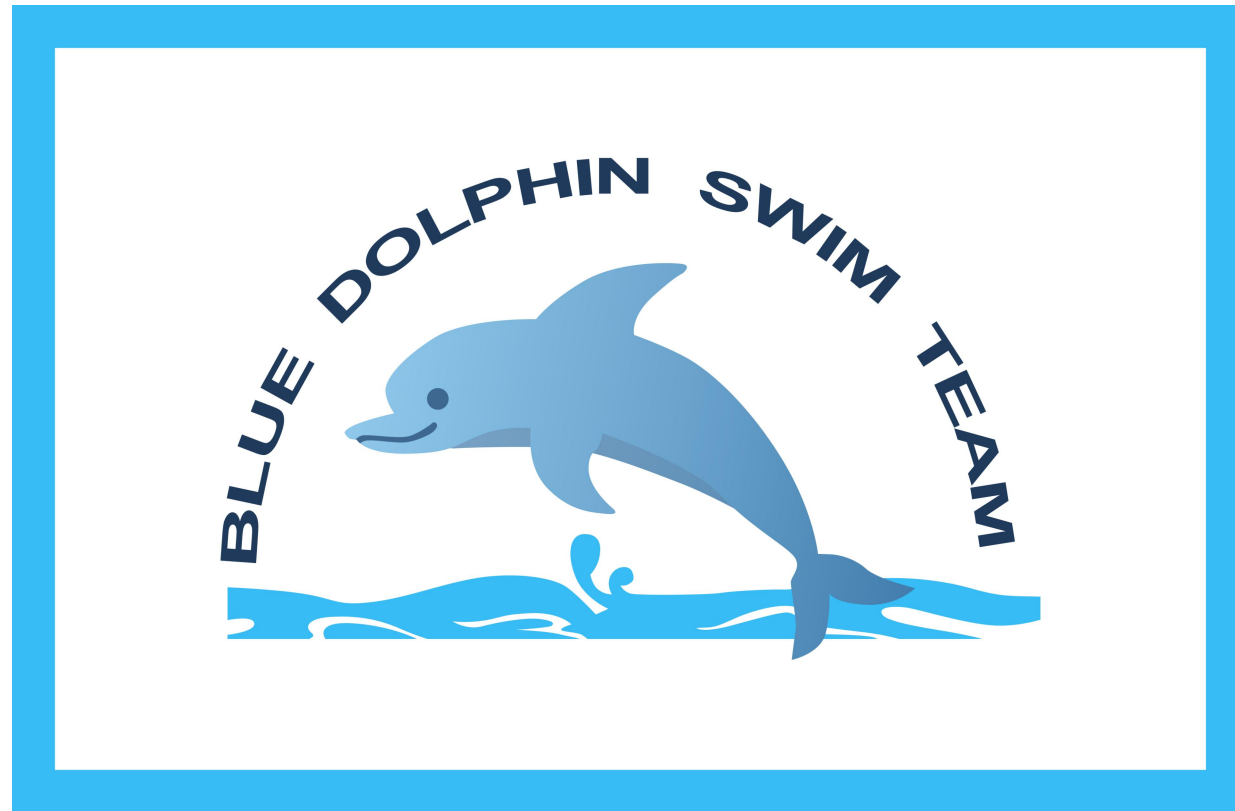


BDST Dryland Exercise



Warm up

第一个动作，头部运动，共4圈
动作幅度大一点





Shoulder exercise
Front and back 10
times

waist exercise
both side for 10 times



knee exercise
both side for 10 times



leg press
both side for 10 times



Stance Jack 20 times



Flutter kicks 20 times



V- up 20 times



belly stretch 30 Seconds



Break 30 seconds

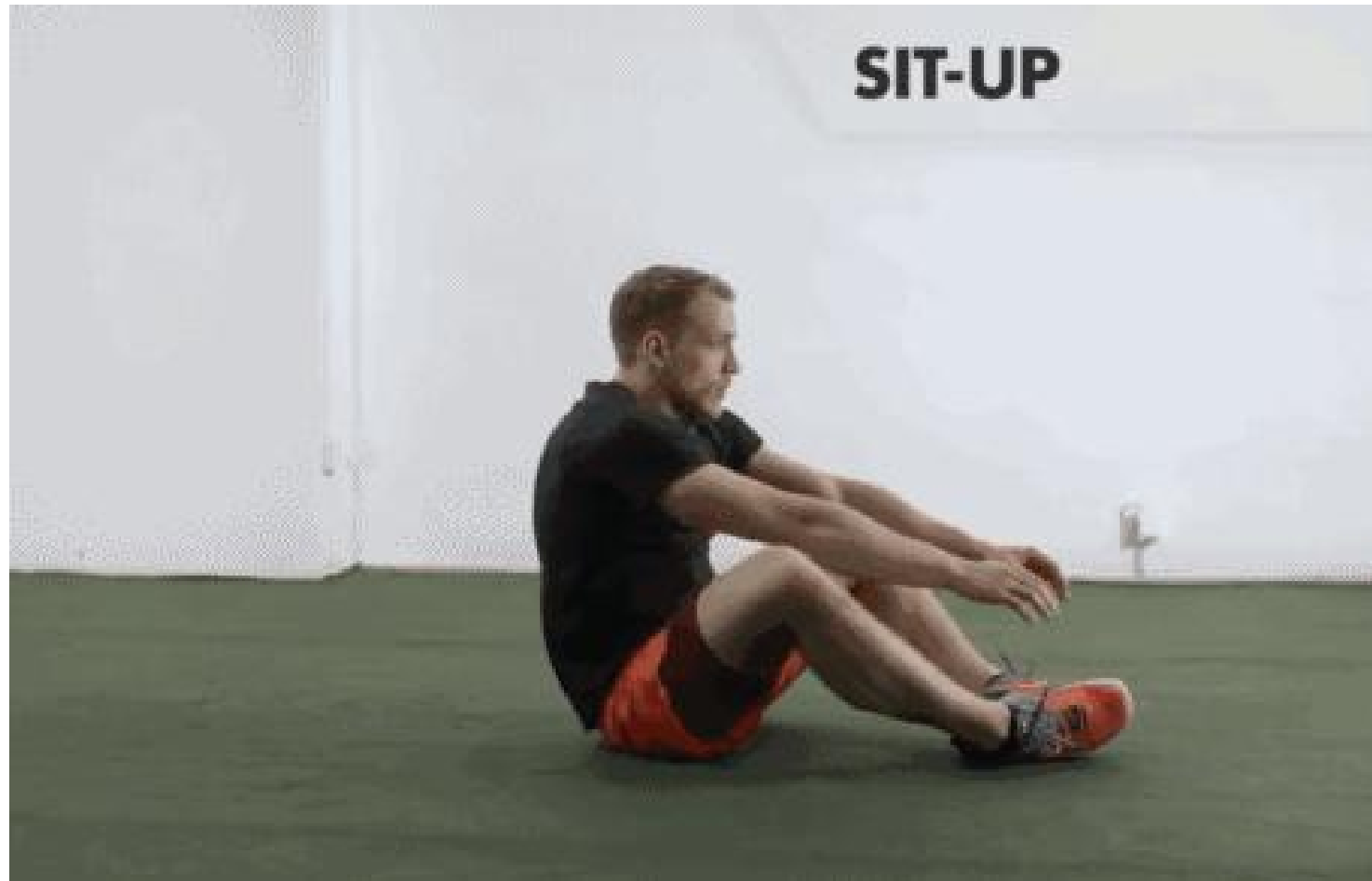
Fly 20 times



Reverse Pushup 20 times



10 times



10 times



Plank Jacks 20 times



Break 30 seconds

Breast Kick 20 times



Push up 20 times



Spiderman Pushup 20 times



Break 30 seconds

Free Arm 20 times



Sit ups
20 times



Elbow to knee crunch 20 times



Break 30 seconds

Back arm 20 times



20 times

WINDSHIELD WIPER



Mountain Climber

20 seconds



belly stretch 20 Seconds



Break 30 seconds

20 times



20 times



10 times



Push up 20 times



Break 30 seconds

Jumping jack 20 times



Side to side plank push up 20 times



Burpees 20 times



Break 30 seconds

plank 60 seconds



Class over