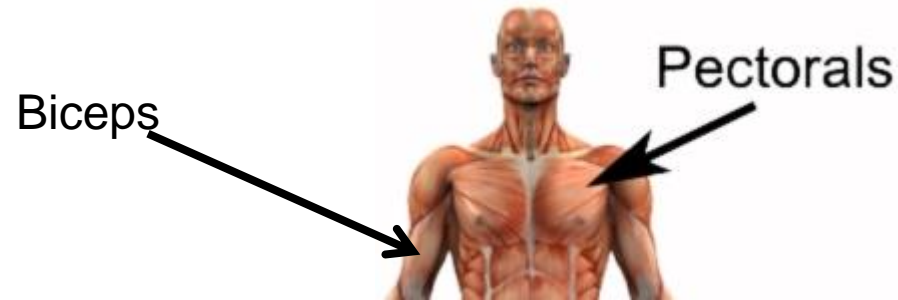


Press-Ups

Press Ups are a body weight exercise working the chest and arms area. Otherwise known as the Pectorals, Biceps and Triceps

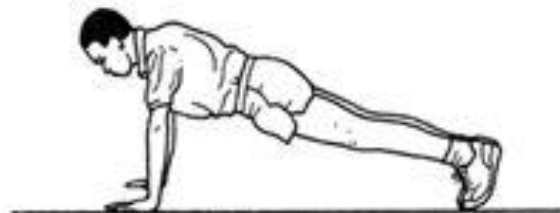


Difficulty 1
Kneeling Press Up



Kneeling press-ups

Difficulty 2
Traditional Press Up



Press-ups

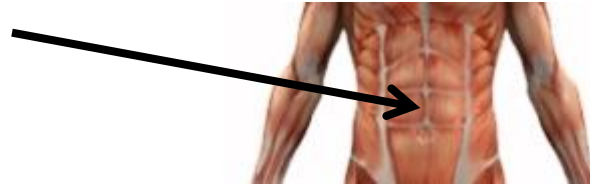
Difficulty 3
Decline Press Up



Sit-Ups

Sit Ups are commonly performed to increase your 'Six Pack'. Otherwise known as your Abdominals or 'Abs'.

Abdominals



Difficulty 1
Traditional Sit Up



Difficulty 2
Leg Raised Sit Up

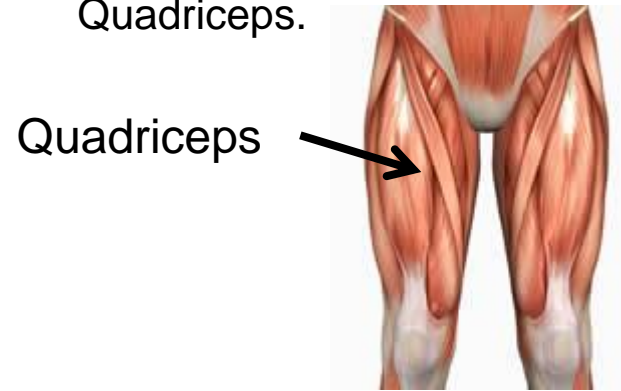


Difficulty 3
Bicycle Sit Up



Skipping

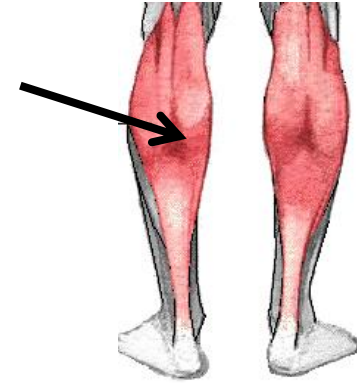
Skipping is an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It use most of the muscles in your legs, arms and core. But the main muscles are the abdominals, calf (Gastrocnemius) and Quadriceps.



Abdominals



Gastrocnemius
(Calf Muscle)



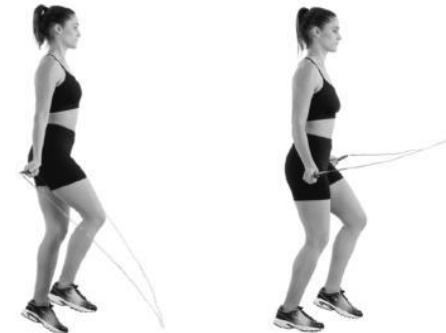
Difficulty 1
Skip – Pause – Skip



Difficulty 2
Continuous Skipping

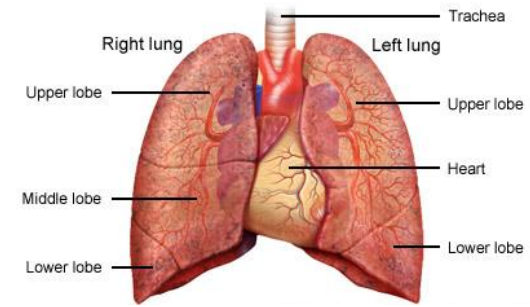
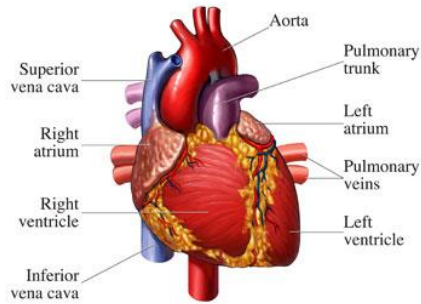


Difficulty 3
Alternate Foot Skipping

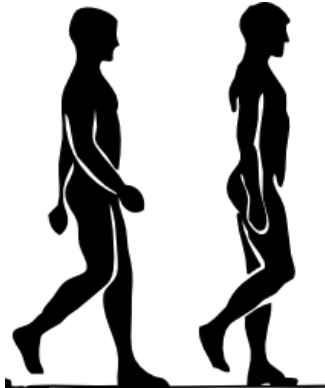


Shuttle Runs

Shuttle runs can be used as a form of cardiovascular training to improve endurance and stamina. It uses the whole body and increases the efficiency of the heart and lungs.



Difficulty 1
Quick Walking



Level 2
Jogging



Difficulty 3
Running



Step Ups

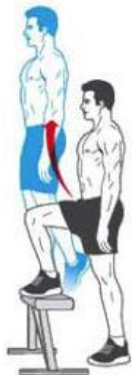
Step Ups are an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It uses the majority of muscles in the legs and the arms. But most of the work is in the Quadriceps.

Quadriceps



- Light Feet
- Head Up
- Knees Up

Difficulty 1
Slow Step Ups



X1

Difficulty 2
Jogging Step Ups



X2
Quicker

Difficulty 3
Fast Step Ups



X3
Quicker

Tricep Dips

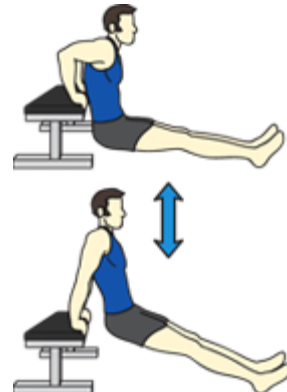
Tricep Dips focus on the upper part of the arm at the back. This exercise isolates (focuses) on the Tricep.



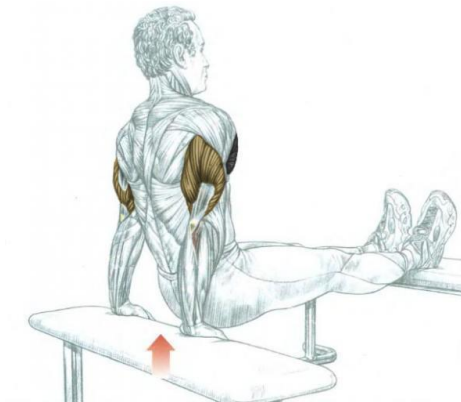
Difficulty 1
Floor Tricep Dips



Difficulty 2
Bench Tricep Dips

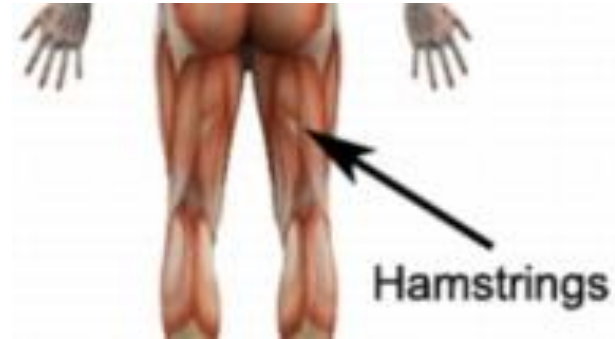
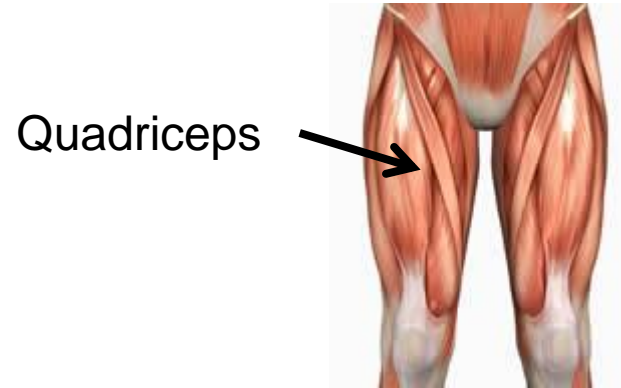


Difficulty 3
Parallel Tricep Dips



Star Jumps

Star jumps use the muscle in the upper legs. It uses the majority of muscles in the legs.



Difficulty 1
Jump – Pause – Jump



Difficulty 2
Continuous Star Jumps

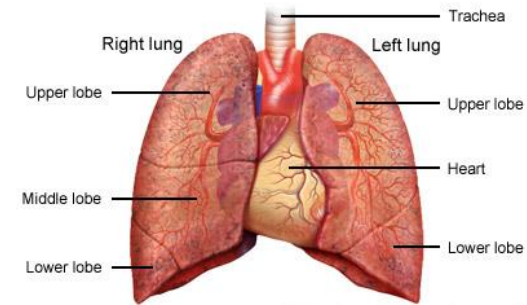
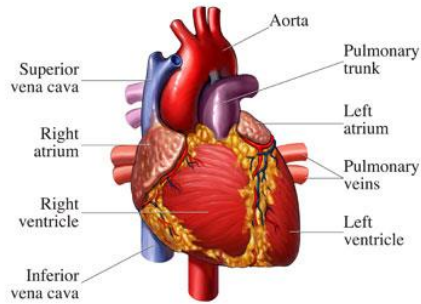


Difficulty 3
Floor Star Jump



Burpees

Burpees can be a difficult exercise because they use all the muscles in the body as well as being a combination of different actions.



Difficulty 1

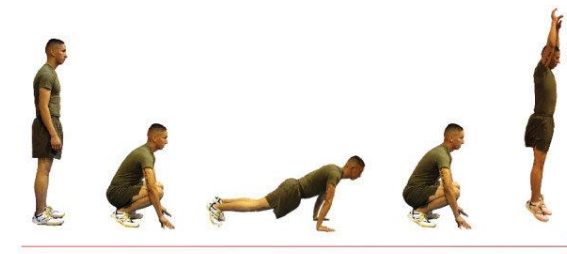
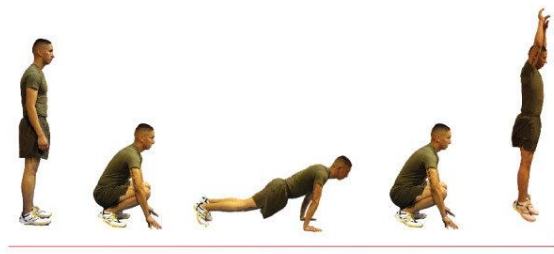
Burpee – Stand – Burpee

Difficulty 2

Burpee – Jump - Burpee

Difficulty 3

Burpee – Star Jump - Burpee

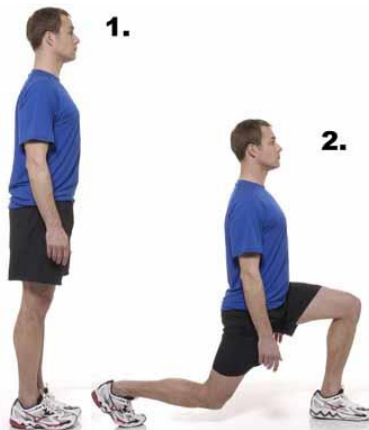


Lunges

Lunges focus on the muscles in the lower body and particularly the Quadriceps, Hamstrings and Gluteus Maximus.



Difficulty 1
Short Lunge



Difficulty 2
Long Lunge



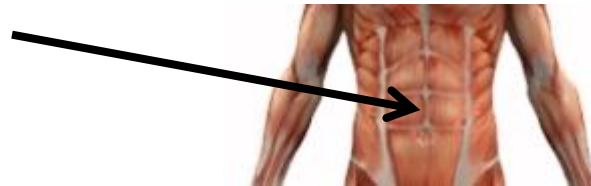
Difficulty 3
Jumping Lunge



The Plank

The plank focus on the 'Core' muscles or the 'middle' of the body. Otherwise known as the abdominals or 'Abs'.

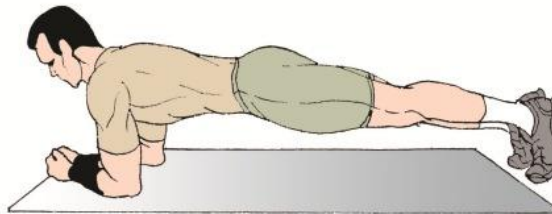
Abdominals



Difficulty 1
Hand Plank



Difficulty 2
Forearm Plank

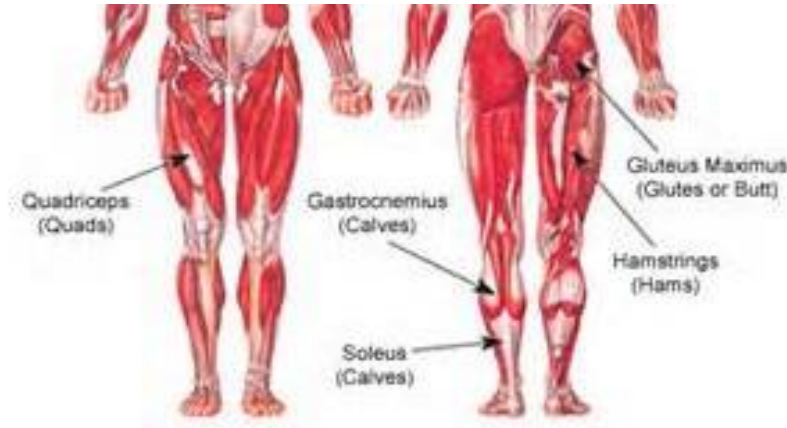


Difficulty 3
1 Foot Plank



Squats

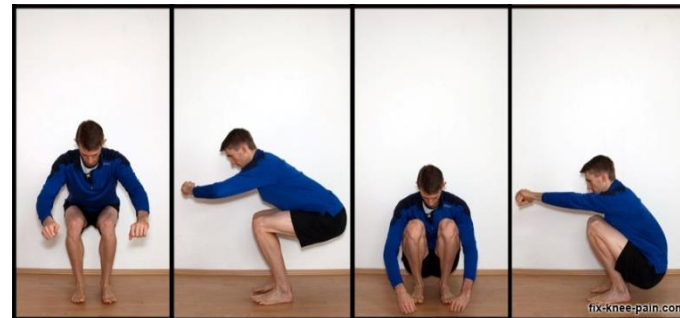
Squats focus on the muscles in the lower body and particularly the Quadriceps and Hamstrings.



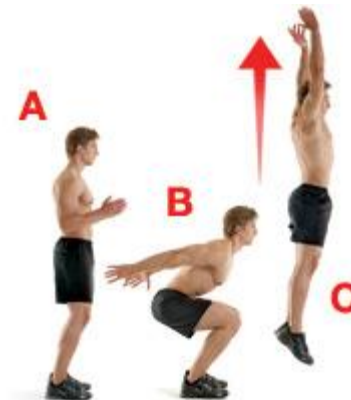
Difficulty 1
Traditional Squat



Difficulty 2
Deep Squat

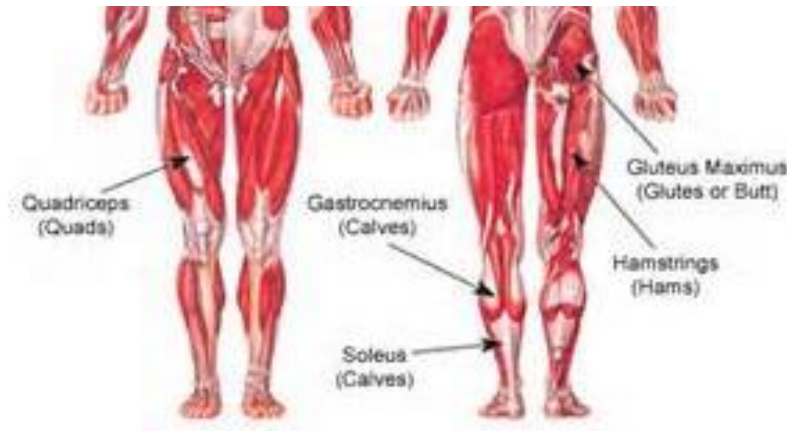


Difficulty 3
Squat Jumps



Speed Bounce

The speed bounce focuses mainly on the lower body and core muscles for balance and control.



Difficulty 1
Sideways jump



Difficulty 2
Front to backwards jump



Difficulty 3
Tuck jump



The Side Plank

The side plank focus on the 'Core' muscles or the side of the core. Otherwise known as the external oblique's..



Difficulty 1
Forearm and Knee Plank



Difficulty 2
Forearm and Foot Plank

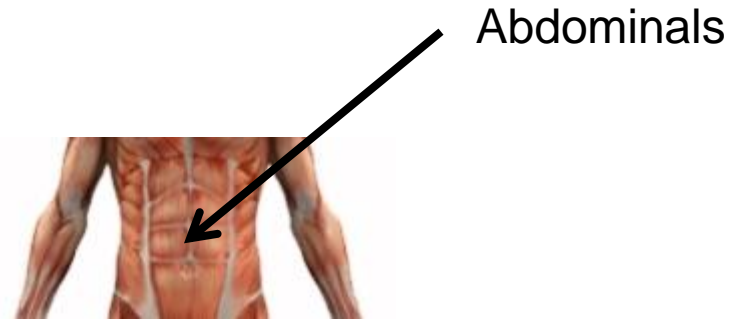
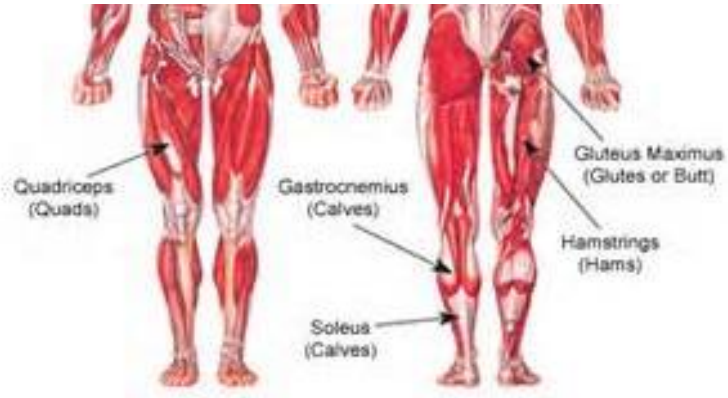


Difficulty 3
Forearm and 1 Foot Plank



Mountain Climber

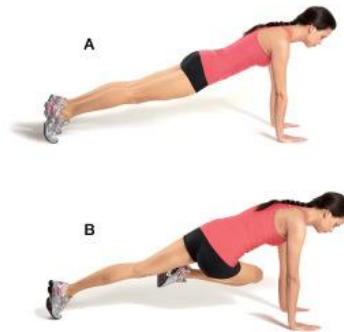
The Mountain Climber focuses mainly on the lower body and core muscles for balance and control.



Difficulty 1
Mountain Climber



Difficulty 2
Mountain Climber Switch

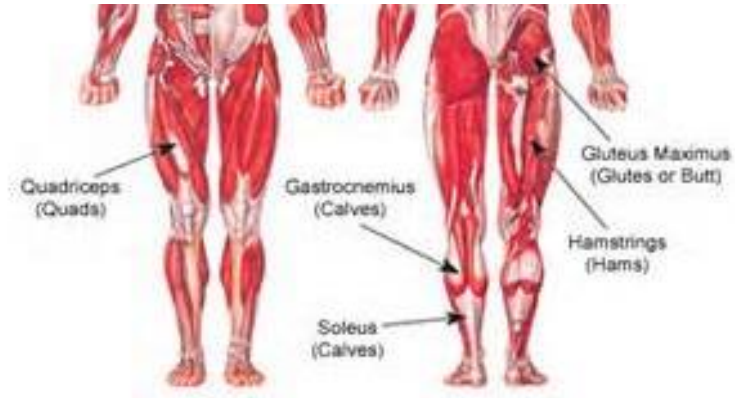


Difficulty 3
Wide Mountain Climber



Wall Sit

The Wall Sit mainly focuses on the legs and in particular the quadriceps. But also works the abdominals.



Abdominals

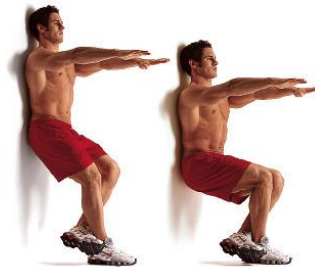
Difficulty 1
Traditional Wall Sit



Difficulty 2
Wide Leg Wall Sit

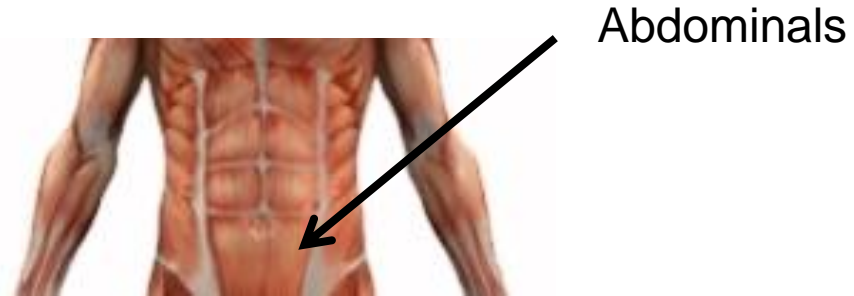


Difficulty 3
One Leg Wall Sit



Leg Raises

Leg Raises are commonly performed to improve your lower stomach muscles. Otherwise known as your Abdominals or 'Abs'.



Difficulty 1
Traditional Leg Raise



Difficulty 2
Arms out to the side

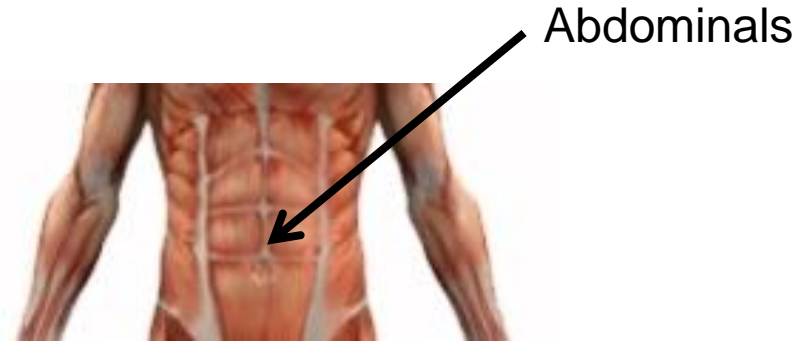
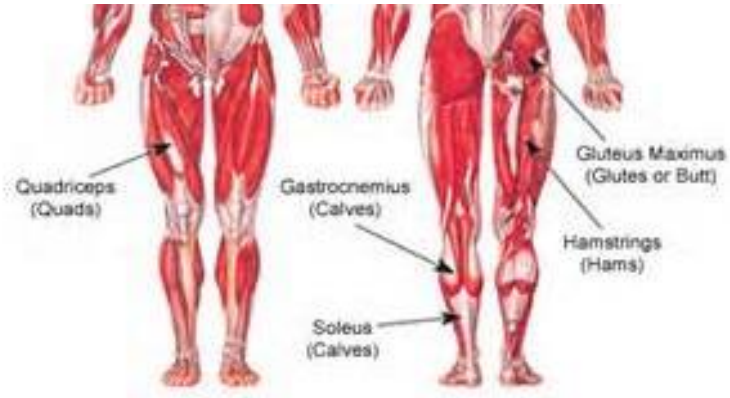


Difficulty 3
Arms and Legs Meet



High Knees

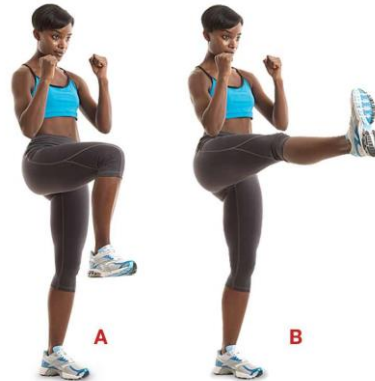
High knees use the muscle in the upper legs. It uses the majority of muscles in the legs, but it can also target the stomach muscles.



Difficulty 1
Traditional High Knees



Difficulty 2
Straightening the Leg

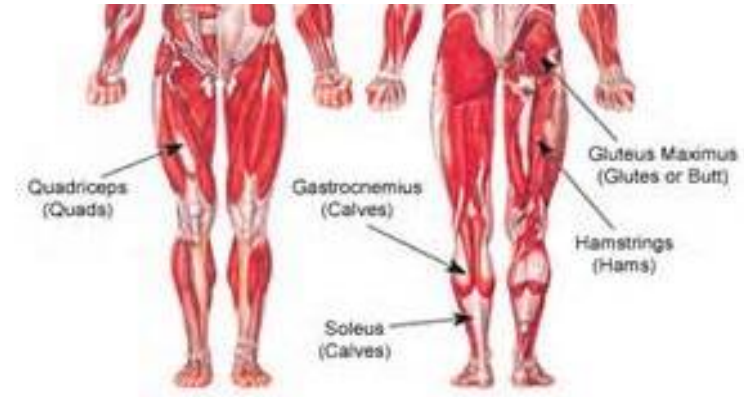
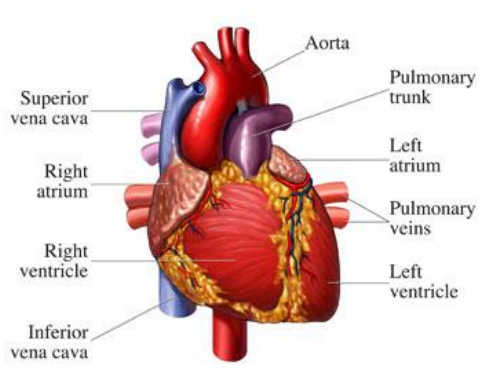


Difficulty 3
High Knee Skips



Scissor Kick

Scissor Kicks use the muscle in the upper legs. It uses the majority of muscles in the legs and increases the efficiency of the heart and lungs.



Difficulty 1
Traditional Scissor Kick



Difficulty 2
Into a Lunge

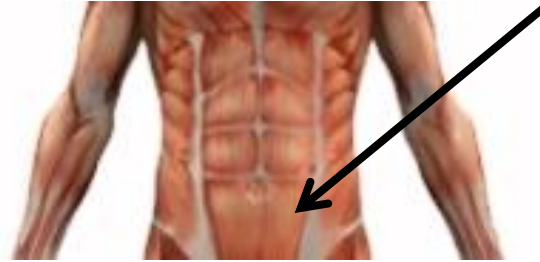
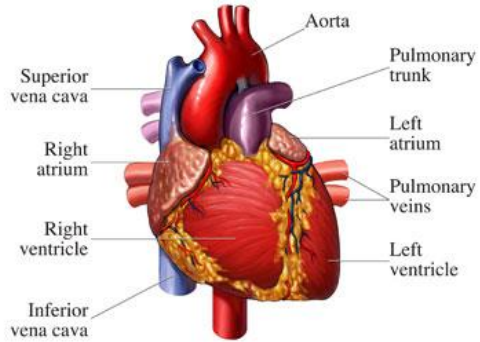


Difficulty 3
Hands on Head



Hoola Hoop

Hoola Hooping is commonly performed to improve your stomach muscles and increases the efficiency of the heart and lungs.

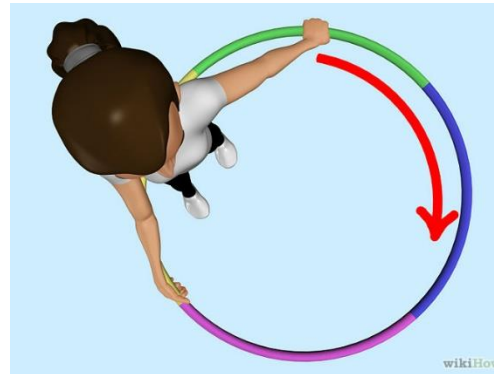


Abdominals

Difficulty 1
Traditional Hoola Hoop



Difficulty 2
Change Direction

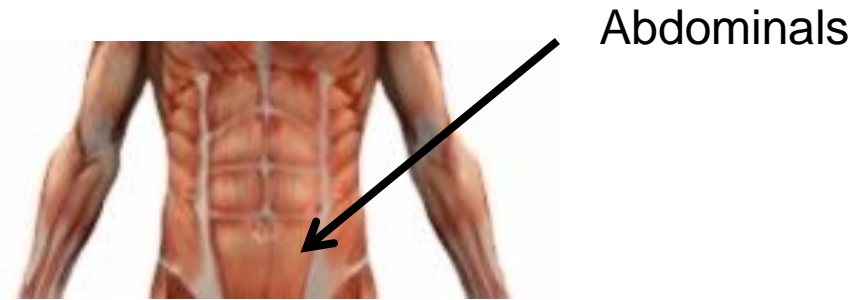


Difficulty 3
Moving Forwards



V-Sit

V-Sit is commonly performed to improve your stomach muscles and strengthen your core.



Difficulty 1
Legs Bent



Difficulty 2
Legs Straight

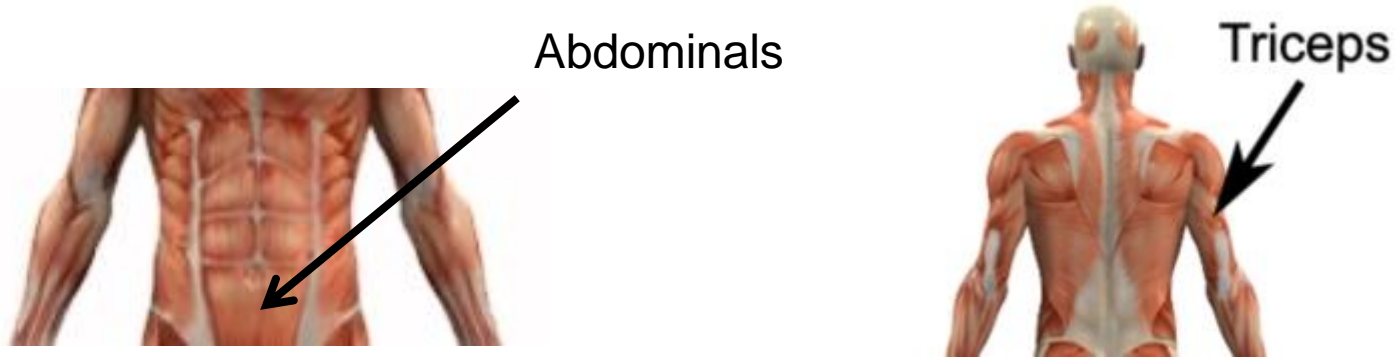


Difficulty 3
Holding a Weight



Medicine Ball

The medicine ball is commonly performed to improve your strength and power in your core (stomach muscles) and your upper body.



Difficulty 1
Throw the ball (any throw)



Difficulty 2
Chest pass the ball



Difficulty 3
Shoulder pass the ball



Rebound Ball

This exercise is commonly performed to improve your coordination skills and reaction time. For this drill you have to throw the ball against the wall as powerful as you can and anticipate the rebound.



Difficulty 1
Chest pass



Difficulty 2
Shoulder pass



Difficulty 3
One handed catch



Reaction Ball

This exercise is commonly performed to improve your coordination skills and reaction time. For this drill you bounce the ball to your partner who will attempt to catch the ball.



Difficulty 1
2 bounces before catch



Difficulty 2
One bounce before catch



Difficulty 3
Catch with weak hand



Plyometric Exercises

This exercise is commonly performed to improve the power of your jumps and the strength in your lower body and stomach. **Plyometric: are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).**

Difficulty 1
Step up



Difficulty 2
Two footed jump



Difficulty 3
Squat jump



Agility Cones

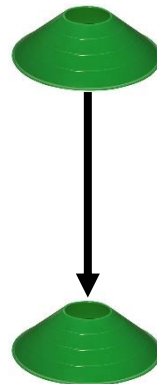
This exercise is commonly performed to improve your agility. **Agility: the ability to quickly change body position or direction of the body.**



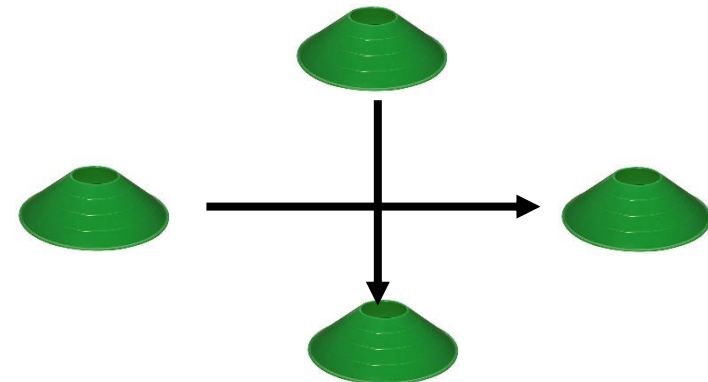
Difficulty 1
Horizontal movement



Difficulty 2
Lateral Movement

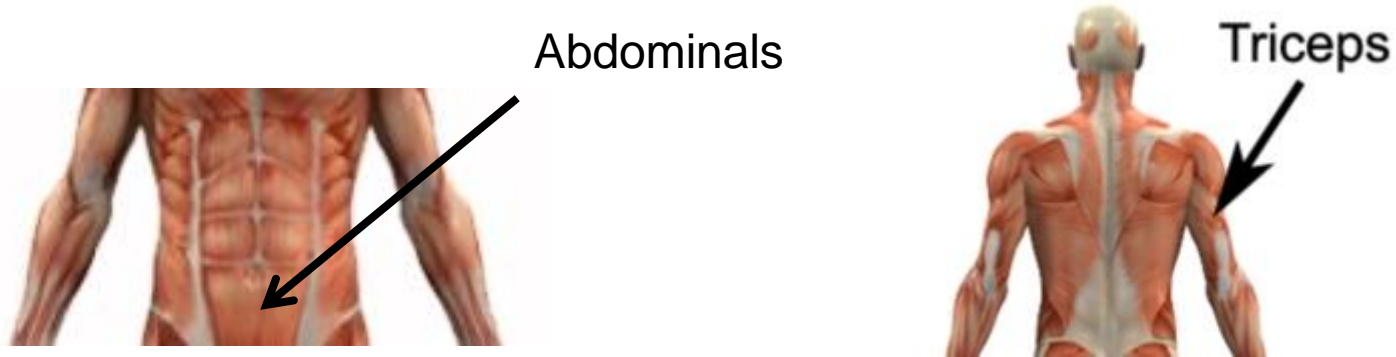


Difficulty 3
Combined Movements



Medicine Ball

The medicine ball is commonly performed to improve your strength and power in your core (stomach muscles) and your upper body.



Difficulty 1
Throw the ball (any throw)



Difficulty 2
Overhead pass the ball



Difficulty 3
Shoulder pass the ball

