

STRENGTH

YO-SKI

Warm-Up

- 10 min jog
- 5 min jump rope

Strength Circuit (2 X 30 seconds)

- Sit-ups
- Squats
- Pull-ups
- Back Extensions
- Push-ups
- Russian Hamstring
- Chair Dips
- Side Sit-ups
- Adduction (front leg lifts) (12 on each side)
- Curls
- Russian Twists
- Bent Over Fly

Yoga

1:00 isometric strength, balance and flexibility

Period 1 Strength (Do this if you don't do yoga)

Core Strength

30-45 sec Front Brace
30-45 sec Side Brace (right)
30-45 sec Side Brace (left)
30-45 sec Back Brace
45-60 sec SuperMan on Stomach Brace

Strength Circuit (2 X 30 seconds)

- Sit-ups
- Squats
- Pull-ups
- Back Extensions
- Push-ups
- Russian Hamstring
- Chair Dips
- Side Sit-ups
- Adduction (front leg lifts) (12 on each side)
- Curls
- Russian Twists
- Bent Over Fly