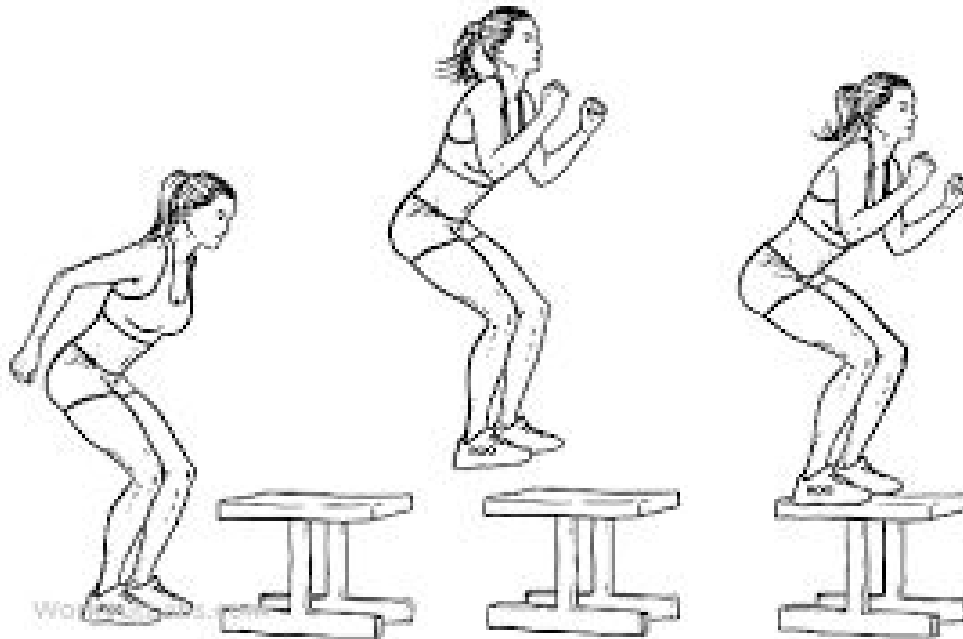


BOX JUMPS

Jump on and off the bench/box.

- Feet move at the same time, both in the take-off and the landing.
- Flexible knees when landing (cushioning effect).
- Whole sole touching the bench when landing.
- Arms help you balance.
- Straight and slightly forward leaning of the trunk.



BALL THROWS

Throw the ball up and catch it on its way down.

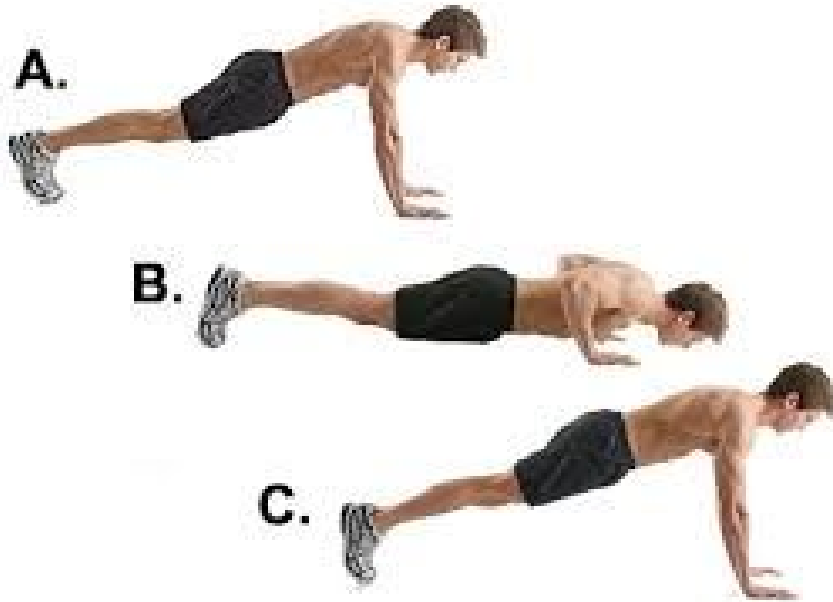
- Feet nicely and comfortably apart.
- Bending your knees (cushioning effect).
- Both arms work equally.
- Control of the height and the reception.
- Extend your spine when throwing.



PUSH-UPS

Move your body up and down in the plank position.

- Block your spine (hips in the same line as shoulders and ankles or knees).
- Shoulders on top of wrists.
- Feet and arms in the specific variation position.



LUNGES

Fake kneeling and back.

- Keep your spine straight.
- 90 degrees angle in knees, hips and ankles.
- Knee on top of toes.
- Feet and arms in the specific variation position.



HAMSTRINGS

Lean forward and back.

- Shoulders - hips - knees aligned.
- Controlled leaning (not too much).
- Relax shoulders.



PLANK

Hold the position / move from 1 to 2.

- Head - shoulders - hips - knees - ankles aligned.
- Activate stomach muscles.
- Hold the position or move from 1 to 2.



ONE LEG STANCE

Hold the position.

- Vertical alignment. Hip and knee of the supporting leg are slightly bent.
- Ball held at chest height. Activate stomach muscles.
- Keep your weight on the ball of your foot (metatarsals).



FACE DOWN BALL BALANCE

Hold the position.

- Horizontal alignment.
- Contact point: belly. Activate lumbar and dorsal muscles.



STRADDLE BALL BALANCE

Hold the position.

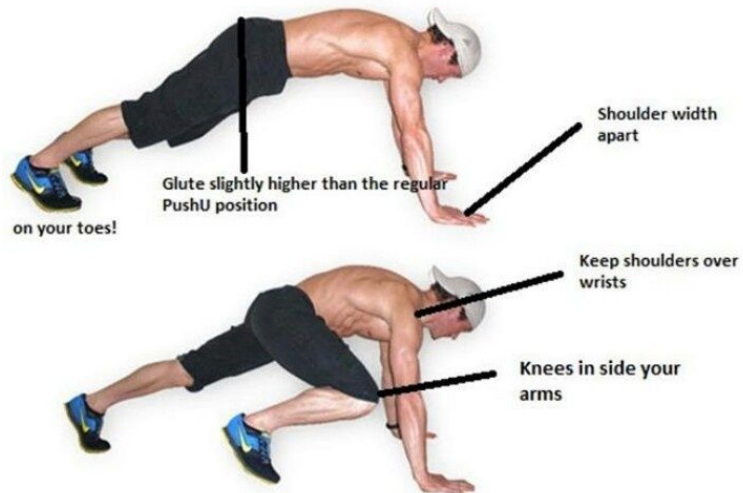
- Vertical alignment, straight spine.
- Contact point: knees, shins, inner thighs. Activate lumbar and dorsal muscles.



MOUNTAIN CLIMBERS

Switch the legs position.

- Explosive “jumps” switching the position of the legs.
- Keep elbows extended and activate lumbar and abdominal muscles.



BURPEES

Move from one position to the next.

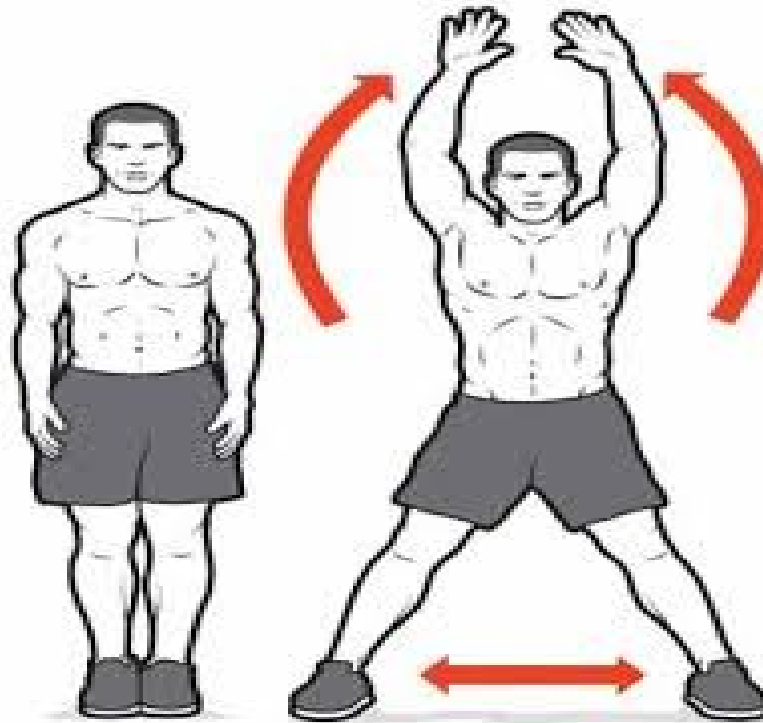
- Vertical alignment, straight spine at all times.
- Feet and hands spread at hips width.
- Activate abdominals, lumbar and dorsal muscles.



JUMPING JACKS

Jump from one position to the other.

- Vertical alignment, straight spine at all times.
- Jump and cushion the landing by bending your knees.
- Knees keep their up front position (no inwards orientation).



SKATERS (SIDE LUNGE)

Change your weight or jump from one position to the other.



A Stand with your feet set about twice shoulder-width apart, your feet facing straight ahead. Shift your weight over to your right leg as you push your hips backward and lower your body by dropping your hips and bending your knees.

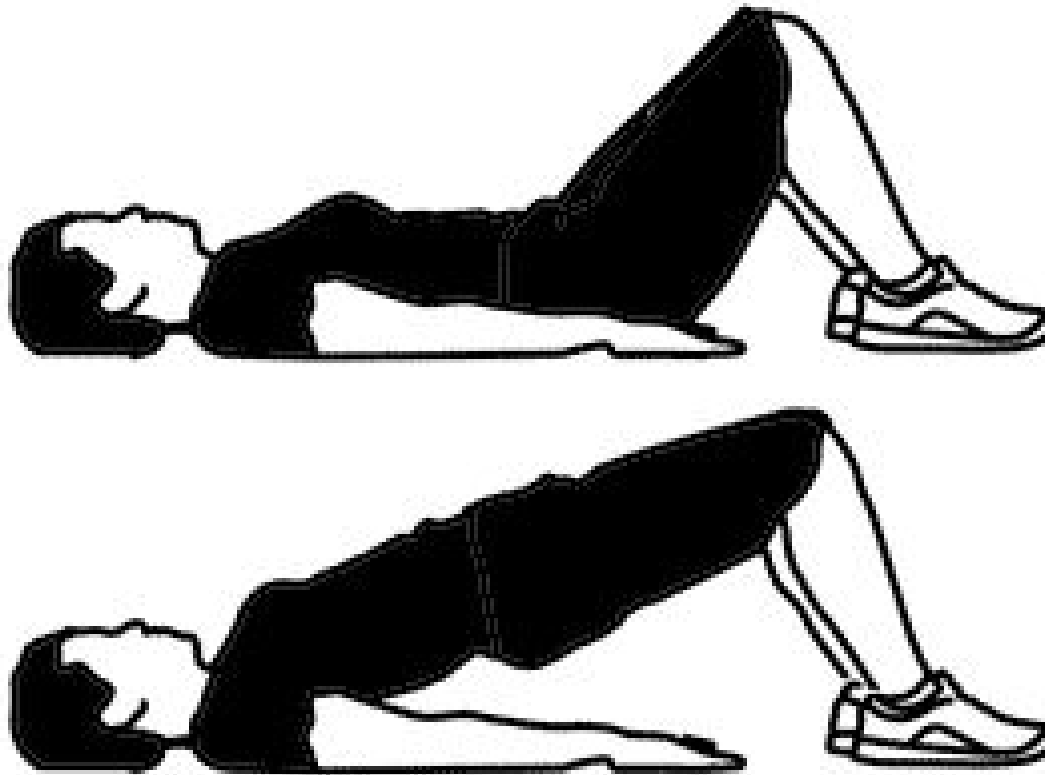
B Your lower right leg should remain nearly perpendicular to the floor. Your left foot should remain flat on the floor. Without raising yourself back up to a standing position, reverse the movement to the left. Alternate back and forth.



BRIDGES

Move from one position to the other.

- Keep your lower back straight, even on the “up” movement.
- Small gap between your legs.



BICYCLE CRUNCHES

Move from one position to the other.

- Small crunch. Focus on the side to side movement more than “up” movement.
- Point your elbows out.



SIDE PLANKS

Hold the position.

- Aligned neck, shoulders, hips, knees...
- Elbow is vertically aligned with your shoulder.
- Find your level (look the variations) and hold the position.



FREE THRUSTERS

Deep squat and back.

- NO WEIGHTS needed.
- Touch your knees with your elbows.
- Bend and extend your elbows during the lift.
- Keep your spine straight at all times.



SUPERMAN

Move from one position to the other.

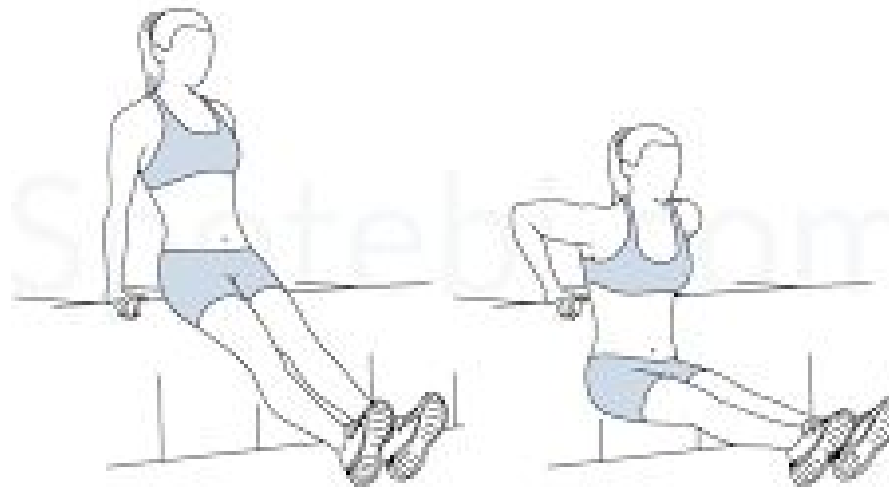
- Raise arms and legs as much as you can
- Keep your arms and legs straight.
- Relax your neck and shoulders.



DIPS

Move from one position to the other.

- Keep your back straight.
- Bend down as low as you can and raise again.
- Comfortable width between arms to fit your body. Fingers point forward.



McKENZIES

Move from one position to the other.

- Extend your body completely.
- Keep your shoulders relaxed.
- Hips on the ground at all times.



Basic prone McKenzie extension.

SEATED V-UPS

Move from one position to the other.

- Extend your body completely.
- Keep back straight and extend it when extending legs
- Keep your shoulders relaxed.
- Keep legs and body off the ground.



