

Sit-ups



Wall Squats With Swiss Ball



Bicep Curls With Bands/Dumbbells



Plank hold



Toe Touch

Jumping Jacks



Bosu Jump On/Off



Mountain Climbers



Cone Sprint



(run forward touch line and jog backward)

Crab Kicks



Alt Single Leg Standing Balance w/ Touchdown



Bench Up and Overs



Bridge

