

A a

Arches (with Arms)
Arches (with Shoulders)
Arches (with Head - CAUTION)

B b

Bleeking Steps
Burpees (Same as
Squat Thrusts)

C c

Calf Raises
Crab Walks
Curl Ups

D d

Dips

E e

Elephant Walk

F f

Frog Jumps (2 feet same time)

G g

Grapevine Steps
Galloping
Giant Strides

H h

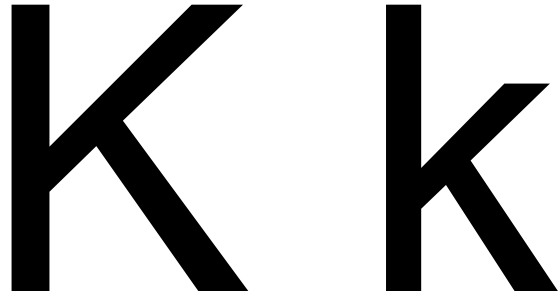
Hanging Crunches
Hop (1 Foot)
Hula Hoops

I i

Inch Worm Walks

J j

Jumping Jacks
Jump Ups
Jogging
Juggling



Kangaroo Jumps / Hops
Kick Ups



Lunges
Lunge Jumps
Line Runs

M m

Mountain Climbers

N n

Night Crawlers (On stomach,
stay low, move forward)

O o

Overhead Medicine Ball Toss
(like Soccer Throw In)

P p

Push Ups
Planks
Polish A Sprint Drill
Polish B Sprint Drill
Polish C Sprint Drill
(Walk, Jog, Skip Run version each drill)

Q q

Quick Steps (Fast Mini
Scissor Jumps Fwd Bck)

R r

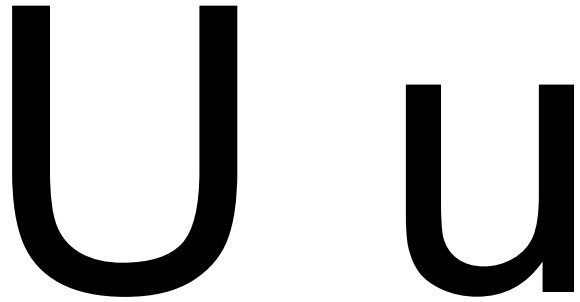
Running Arms
Running On The Spot

S s

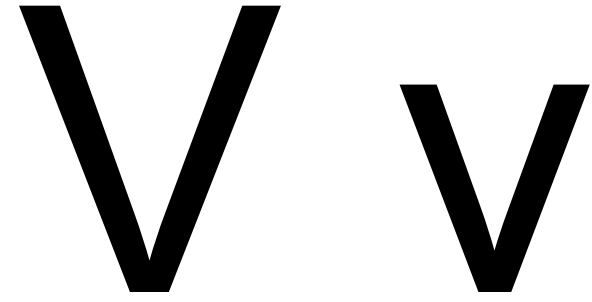
Squat Thrusts (like Burpees)
Shoulder Shrugs (Raise, Hold,
Push Down, Hold)
Sit Ups

T t

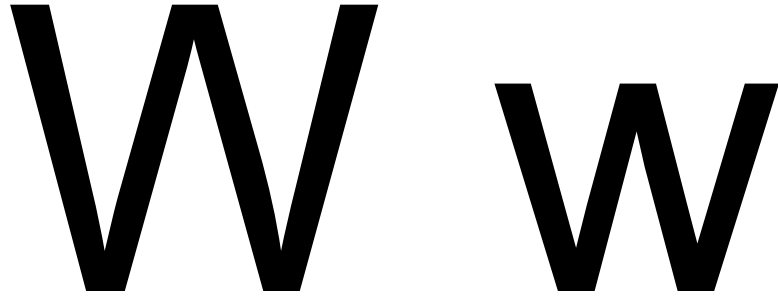
Tuck Jumps



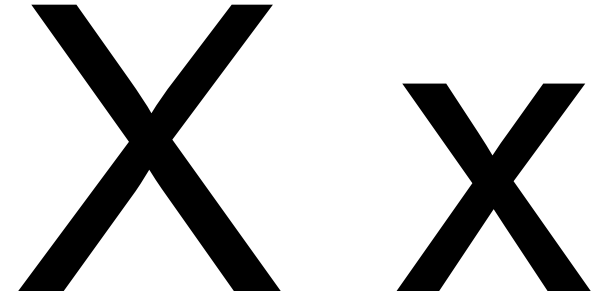
Under Arm Medicine Ball Toss
(Throw Behind)



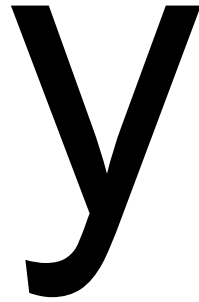
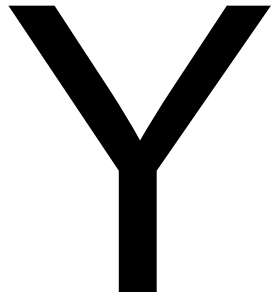
V-Sits



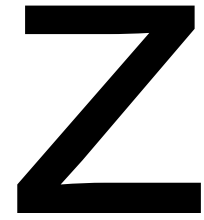
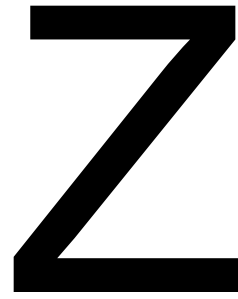
Wall Sits



X-Waves (On Stomach Raise
Opposite Arms & Legs)



Y-Bends



Zig Zags