

| KDA Beginner Tricking Program (Kick Day) |                                      |                    |      |
|--|--------------------------------------|--------------------|------|
| Stage                                    | Activity                             | Duration (Seconds) | Reps |
| Warmup                                   | Running                              | 60                 |      |
|  | Jumping Jacks                        | 60                 |      |
|  | Standard Pushups                     |                    | 10   |
|  | Situps                               |                    | 10   |
|  | Military Pushups                     |                    | 10   |
|  | Situps                               |                    | 10   |
|  | Wide Pushups                         |                    | 10   |
|  | Situps                               |                    | 10   |
| Stretching                               | Standing Wide Legs Left              | 10                 |      |
|  | Standing Wide Legs Right             | 10                 |      |
|  | Standing Wide Legs Front             | 10                 |      |
|  | Standing Straight Legs               | 10                 |      |
|  | Squat Prayer                         | 10                 |      |
|  | Frog Pose                            | 10                 |      |
|  | Ankle Twists Left                    | 5                  |      |
|  | Leg Huggers Left                     | 5                  |      |
|  | Back Twist Left                      | 5                  |      |
|  | Ankle Twists Right                   | 5                  |      |
|  | Leg Huggers Right                    | 5                  |      |
|  | Back Twist Right                     | 5                  |      |
|  | Sitting Straight Leg Left            | 10                 |      |
|  | Sitting Straight Leg Left Side Lean  | 10                 |      |
|  | Sitting Straight Leg Left Back Lean  | 10                 |      |
|  | Sitting Straight Leg Right           | 10                 |      |
|  | Sitting Straight Leg Right Side Lean | 10                 |      |
|  | Sitting Straight Leg Right Back Lean | 10                 |      |
|  | Sitting Straight Leg Both            | 10                 |      |
|  | Butterfly                            | 10                 |      |
|  | Lunge Squat Left                     | 10                 |      |
|  | Front Straight Angle Left            | 10                 |      |
|  | Back Ankle Grab Left                 | 10                 |      |
|  | Left Split                           | 10                 |      |
|  | Lunge Squat Right                    | 10                 |      |
|  | Front Straight Angle Right           | 10                 |      |
|  | Back Ankle Grab Right                | 10                 |      |
|  | Right Split                          | 10                 |      |
|  | Front Split                          | 10                 |      |
| Loosen Up                                | Front Stretch Kick Right             |                    | 10   |
|  | Front Stretch Kick Left              |                    | 10   |
|  | Outward Cresc. Kick Right            |                    | 10   |
|  | Outward Cresc. Kick Left             |                    | 10   |
|  | Inward Cresc. Kick Right             |                    | 10   |
|  | Inward Cresc. Kick Left              |                    | 10   |

|         |                               |     |     |
|---------|-------------------------------|-----|-----|
| Kicking | Roundhouse Kick Right         |     | 10  |
|         | Roundhouse Kick Left          |     | 10  |
|         | Hook Kick Right               |     | 10  |
|         | Hook Kick Left                |     | 10  |
|         | Double Leg Jumps              |     | 10  |
|         | One Leg Jumps Right           |     | 10  |
|         | One Leg Jumps Left            |     | 10  |
|         | One Leg Knee Jump Overs Right |     | 10  |
|         | One Leg Knee Jump Overs Left  |     | 10  |
|         | Tornado Kick Right            |     | 10  |
|         | Tornado Kick Left             |     | 10  |
|         | Cresc. Kick Jumpoff Right     |     | 10  |
|         | Cresc. Kick Jumpoff Left      |     | 10  |
|         | 540 Kick                      |     | 10  |
|         | Total:                        | 380 | 260 |

| Program Summary |             |          |             |           |             |      |
|-----------------|-------------|----------|-------------|-----------|-------------|------|
| Mon             | Tue         | Wed      | Thurs       | Fri       | Sat         | Sun  |
| Kick-day        | Active-Rest | Flip-day | Active-Rest | Combo day | Weight Lift | Rest |