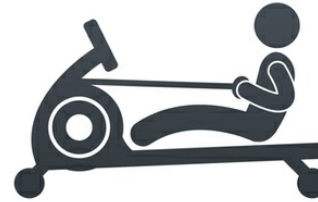


Skip Rope



Warm up: **3 mins**

Rowing Machine



Warm up: **3 mins**

Set 1

Front Plank with Arm Reach (Push Up Slide)



Sets: **3**
Reps: **5 of each**

Bent Over Row+ Thoracic Rotation



Sets: **3**
Reps: **8-10**
Load: **2 x 10kg**

Set 2

Bicep Curl Tall Kneeling



Sets: **3**
Reps: **8-10**
Load: **10kg**

Raised Plank Knee to Elbow



Sets: **3**
Reps: **10 each side**

Set 3

Deadlift | Single Leg- Stick on Back

Sets: 1
Reps: 10



Deadlift | Single Leg (Dumbbell)

Sets: 3
Reps: 8-10
Load: 2 x 10kg



Fit Ball Straight Arm Roll Outs

Sets: 3
Reps: 10 of each



Push Up Plus (Ball)

Sets: 3
Reps: to fatigue



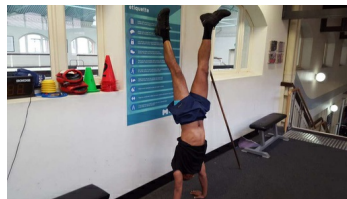
Set 4

Overhead Carry

Sets: 3
Reps: 20m walk
Load: 12kg

Handstand Against Wall

Sets: 3
Reps: 5
Hold: 5 breaths



Warm up and cool down

Quadriceps Release (Foam Roller)

Reps: 20 x up and back



Thigh Release (Foam Roller)

Reps: 20 x up and back



Thoracic Rolling Release Supine (Foam Roller)

Reps: 20 x up and back



Hip Release Hook lying (Ball)

Duration: 1-2 mins each spot



Gluteus Medius Release (Tennis Ball)

Duration: 1-2 mins each spot



Hip Flexor Release (Tennis Ball)

Duration: 1-2 mins each spot

