

## Skip Rope



Warm up: **3 mins**

## Rowing Machine



Warm up: **3 mins**

## Set 1

### Front Plank with Arm Reach (Push Up Slide)



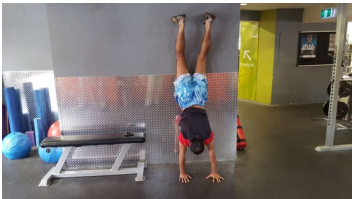
Sets: **3**  
Reps: **5 of each**

### Bicep Curl | Single Leg Balance on Foam



Sets: **3**  
Reps: **8-10 each side**  
Load: **2 x 9kg**

### Handstand Against Wall



Sets: **3**  
Reps: **5**

### Single Leg Bent Over Row with Thoracic Rotation | on Foam



Sets: **3**  
Reps: **8-10**  
Load: **2 x 9kg**

## Set 2

### Side Mini Squats Against Wall



Sets: **3**  
Reps: **15**

### Split Squat - Rear Foot Elevated (Dumbbells)



Sets: **3**  
Reps: **10-12**  
Load: **2 x 12kg**

### Deadlift (Barbell)



Sets: **3**  
Reps: **8-10**  
Load: **20kg++**

## 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

