

SQUAT



JUMP SQUAT

1.



2.



Regina Catholic Schools

HAMSTRING CURL



MEDICINE BALL LEG LIFT



1.

2.

3.



Regina Catholic Schools

LUNGE



LUNGE



CALF RAISE



1.



2.



Regina Catholic Schools

SKIP TWO FEET



1.



2.



Regina Catholic Schools

ONE LEG SQUAT

1.



2.



Regina Catholic Schools

SKIP JOG

1.



2.



Regina Catholic Schools

LINE JUMP

(LEFT FOOT)



LINE JUMP

(RIGHT FOOT)



STEP UP

1.



2.



3.



4.



MOUNTAIN CLIMBER



JOG HEELS UP



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JOG KNEES UP



Regina Catholic Schools

SKIP (RIGHT FOOT)



1.



Regina Catholic Schools

SKIP (LEFT FOOT)



1.



Regina Catholic Schools

HURDLE TWO FEET



1.



Regina Catholic Schools

HURDLE SHUFFLE



Regina Catholic Schools

HURDLE X-SHUFFLE

1.



2.



3.



Regina Catholic Schools

INNER THIGH SQUEEZE



1.



Regina Catholic Schools

UP/DOWN

1.



2.



4.



3.



Regina Catholic Schools

SQUAT THRUST

1.



2.



4.



3.



WALL SQUAT

