



THUNDER U13 GIRLS — 20-MIN DAILY STRENGTH ROUTINE

4 Blocks • 5 Minutes Each • Bodyweight Only

Scan the QR code next to any move for an illustrated how-to guide.

BLOCK 1: WARM-UP (5 MIN)

Raise HR • Activate joints

High Knees / Butt Kicks (1m)

Dynamic jog in place, alternating.



Lateral Shuffles (1m)

Low athletic shuffle, touch ground every 5yds.



Walking Lunges + Twist (1.5m)

Step forward, drop back knee, gentle torso twist.



World's Greatest Stretch (1.5m)

Deep lunge, elbow to instep, reach arm up.



BLOCK 2: LEG POWER (5 MIN)

Explosive strength • ACL prevention

Squat to Calf Raise (1.5m)

Control descent, explode up onto tiptoes.



Reverse Lunges (1.5m)

Step back safely, alternate legs, keep chest tall.



Skater Hops (2m)

Lateral side-to-side bounds, soft single-leg landings.



BLOCK 3: CORE STABILITY (5 MIN)

Posture • Shielding • Balance

Plank Shoulder Taps (2m)

Forearm or high plank, minimize hip rotation.



Dead Bugs (2m)

Opposite arm/leg lower, keep lower back flat on floor.



V-Hold (1m)

Balance on tailbone, hold "V" or hollow-body position.



BLOCK 4: UPPER BODY (5 MIN)

Sprint arm drive • Shielding strength

Push-Ups (2m)

Standard or knee. Chest to floor, elbows at 45°.



Floor Tricep Dips (1.5m)

Hips elevated, bend and press through elbows.



Superman Hold (1.5m)

Face down, lift arms & legs together, squeeze glutes and back.



Coaching Tip: 45 seconds work / 15 seconds rest per exercise. Prioritize perfect form over speed!