



BLOCK 1: WARM-UP (5 MIN)

Raise HR • Activate joints

Jumping Jacks (1m)

Full-body rhythm, land soft on the balls of your feet.



Carioca / Grapevine (1m)

Lateral crossover steps, quick feet, hips stay loose.



Inchworm Walkouts (1.5m)

Walk hands to plank, walk feet up to hands, repeat.



Leg Swings + Arm Circles (1.5m)

Controlled front-back and side leg swings; big arm circles.



BLOCK 2: LEG POWER (5 MIN)

Explosive strength • ACL prevention

Broad Jumps (1.5m)

Jump forward for distance, stick a soft, quiet landing.



Curtsy Lunges (1.5m)

Step one leg behind and across, keep chest tall.



Single-Leg Glute Bridges (2m)

One foot down, drive hips up, squeeze the glute at top.



BLOCK 3: CORE STABILITY (5 MIN)

Posture • Shielding • Balance

Bird Dogs (2m)

Opposite arm/leg extend, keep hips square and still.



Side Plank Hip Dips (2m)

Side plank, lower and lift the hip with control.



Bicycle Crunches (1m)

Opposite elbow to knee, rotate through the core.



BLOCK 4: UPPER BODY (5 MIN)

Sprint arm drive • Shielding strength

Plank Walk-Ups (2m)

Forearm plank to hand plank and back, minimize hip sway.



Diamond Push-Ups (1.5m)

Hands form a diamond under chest; elbows track back.



Prone Y-T-W Raises (1.5m)

Face down, lift arms in Y, T, then W; squeeze shoulder blades.

