Pre Competitive (1 round) / Developmental 1 (2 rounds) / Developmental 2 (3 Rounds)

2:00 Jump Rope or Jumping Jacks
:15 Rest
:45 Up Downs
1:00 Animal Series (Cat-Cow-Cobra-Downward Dog-Pigeon)
:45 Burpees
:15 Rest
:45 Spiderman Planks
:15 Rest
:45 Jump Lunges
:15 Rest
:45 Tuck Jumps
:15 Rest
:45 Push Ups
:15 Rest
:45 Streamline Frog Jumps
Cool Down Animal Series :30 each Cat-Cow-Cobra-Downward Dog-Pigeon

Age Group 1 and 2 (2 Rounds)

4:00 Jump Rope or Jumping Jacks
:15 Rest
1:30 Up Downs
1:00 Animal Series (Cat-Cow-Cobra-Downward Dog-Pigeon)
1:30 Burpees
:15 Rest
1:30 Spiderman Planks
:15 Rest
1:30 Jump Lunges
:15 Rest
1:30 Tuck Jumps
:15 Rest
1:30 Shoulder Tap Planks
:15 Rest
1:30 Streamline Frog Jumps
:15 Rest
Cool Down Animal Series :30 each Cat-Cow-Cobra-Downward Dog-Pigeon

Junior 1 and 2 (3 Rounds)
4:00 Jump Rope or Jumping Jacks
:15 Rest
2:00 Up Downs
1:00 Animal Series (Cat-Cow-Cobra-Downward Dog-Pigeon)
2:00 Burpees
:15 Rest
2:00 Spiderman Planks
:15 Rest
2:00 Jump Lunges
:15 Rest
2:00 Tuck Jumps
:15 Rest
2:00 Shoulder Tap Push Ups
:15 Rest
2:00 Streamline Frog Jumps
:15 Rest
Cool Down Animal Series :30 each Cat-Cow-Cobra-Downward Dog-Pigeon

Senior 3 Rounds
4:00 Jump Rope or Jumping Jacks
:15 Rest
2:30 Up Downs
1:00 Animal Series (Cat-Cow-Cobra-Downward Dog-Pigeon)
2:30 Burpees
:15 Rest
2:30 Spiderman Planks
:15 Rest
2:30 Jump Lunges
:15 Rest
2:30 Tuck Jumps
:15 Rest
2:30 Shoulder Tap Push Ups
:15 Rest
2:30 Streamline Frog Jumps
:15 Rest
Cool Down Animal Series :30 each Cat-Cow-Cobra-Downward Dog-Pigeon