



PRE-DEVELOPMENT / DEVELOPMENT GROUP

MONDAY: 10-15 minutes warm up of your choice

4x 8 Push-ups with leg lift on 60" sec rest between each set (with each push up, raise your leg straight up. Switch legs with each push up rep)

2x (20" sec Streamline hold – 10x Sit-ups – 1' min rest)

2x (10 Mountain climbers – 20" sec Streamline hold – 1' min rest)

2x (15x Vertical streamline jumps - 40" sec flutter kick – 1' min rest)

1' min Jump Rope

10-15' min [stretching – warm down](#)

TUESDAY: 10-15 minutes warm up of your choice

20x Sit-ups – 10x Burpee - 30" sec flutter kick reverse (stomach)

2' min rest

1x Pull-up or Pull-up HOLD - 30" sec rest / substitute with Push-ups if pull up bar not available

2x Pull-ups or Pull-up HOLD - 30" sec rest **Hold For 5 Sec**

3x Pull-ups o Pull-up HOLD - 30" sec rest

20x Sit-ups twisters – 10x Vertical jumps - 30" sec Scissor kick

2' min Jump rope

10-15' min [stretching – warm down](#)

WEDNESDAY: 10-15 minutes warm up of your choice

10 sit-ups – 10 push-ups – 10 Burpee – 10 Sklapacky – 10 Vertical jumps with 1' min rest between each set

4x 30" sec Flutter and Scissor kick on 1' min rest (alternate Odd and Even sets)

10 Vertical Jumps – 10 Sklapacky – 10 Burpee – 10 Push-ups – 10 Sit-ups with 1' min rest between sets

3' min Jump rope

10-15' min [stretching – warm down](#)



THURSDAY: 10-15 minutes warm up of your choice

20" sec Plank hold – 5x Burpee – 20"sec Streamline hold

20" sec Plank hold – 5x Mountain climbers – 20"sec Streamline hold

2x (10x Burpee – 5x Push-ups – 1' min rest)

2x (10x Jumpin Jack – 5 Triceps dip – 1' min rest)

25x sit-ups twisters – 20" sec streamline hold

4' min Jump rope

10-15' min [stretching – warm down](#)

FRIDAY: 10-15 minutes warm up of your choice

Push-ups Pyramid of 5 with about 10" sec rest between

2x 30" sec Scissor kick on 20" sec rest

15x Lower back lifts

2x 30" sec Flutte kick on 20" sec rest

5x 1 Pull-up on 1' min interval or 5x 5 Push-ups on 1' min interval

15x Triceps dips

2x 30" sec Streamline hold on 20" sec rest

15x Burpees

5 min Jump rope

SATURDAY, SUNDAY – Recovery Fun Family BIKE, Hike Day



SILVER / SILVER ELITE GROUP

MONDAY: 10-15 minutes warm up of your choice

20-30-30-20 eazy Cordz with 40" sec rest

2x 30 on 1 min interval – Cordz 20x eazy/ 10 moderate speed

2x 20 sit-ups – 10 lower back lift – 1' min rest

4x (20 cordz fast - 20" sec Streamline hold - 30" sec flutter kick – 2' min rest)

2x 20 push-ups – 10 Vertical streamline jump – 1' min rest

30" sec Streamline hold

2' min jump rope

10-15' min [stretching – warm down](#)

TUESDAY: 10-15 minutes warm up of your choice

20-30-30-20 eazy Cordz with 40" sec rest

2x 30 on 1 min interval – Cordz 20x eazy/ 10 moderate speed

2x 10 Burpee - 20" sec Streamline hold - 1' min rest

4x (20 cordz fast - 20" sec Streamline hold - 30" sec flutter kick reverse (stomach)– 2' min rest)

2x 10 Sklapacky – 30" sec **FAST** Scissor kick - 1' min rest

30" sec Streamline hold (laying down)

3' min jump rope

10-15' min [stretching – warm down](#)

WEDNESDAY: 10-15 minutes warm up of your choice

20 sit-ups – 20 push-ups – 20 Burpee – 20 Sklapacky – 20 Vertical jumps with 1' min rest between each set

4x 40" sec Flutter and Scissor kick on 1' min rest (alternate Odd and Even sets)

20 Vertical Jumps – 20 Sklapacky – 20 Burpee – 20 Push-ups – 20 Sit-ups with 1' min rest between sets

10-15' min [stretching – warm down](#)



THURSDAY: 10-15 minutes warm up of your choice

3x 20 Cordz eazy on 1 min interval

3x (30x Cordz fast – 15” sec Streamline hold – 90” sec rest)

3x 20 Cordz eazy on 1’ min interval

3x (30 Cordz fast – 15’ sec Streamline hold – 90” sec rest)

4x (20 Sit-up twisters – 20” sec Scissor kick - 2’min interval

4’ min Jump rope + 10-15’ min [stretching – warm down](#)

FRIDAY: 10-15 minutes warm up of your choice

2x 40 Cordz eazy on 2 min

4x 40 Cordz (20 medium, 20 fast) on 2 min interval

5-10-15 Burpee with 30” rest between sets

2x 30” sec Streamline hold with 30” rest

4x 20 Cordz eazy on 2 min

2’ min rest

40 Cordz fast

2 min rest

5-10-15 Mountain climbers with 30” rest between sets

2 min rest

5’ min Jump rope

SATURDAY, SUNDAY – Recovery Fun Family weekend OFF



GOLD GROUP

MONDAY: 10-15 minutes warm up of your choice

20-30-40-30-20 eazy Cordz with 40" sec rest

2x 40 on 1 min interval – Cordz 20x eazy/ 20 moderate speed

2x 25 sit-ups – 12 lower back lift – 1' min rest

4x (30 cordz fast - 20" sec Streamline hold - 40" sec flutter kick – 2' min rest)

2x 25 push-ups – 12 Vertical streamline jump – 1' min rest

30" sec Streamline hold

2' min jump rope

10-15' min [stretching – warm down](#)

TUESDAY: 10-15 minutes warm up of your choice

20-30-40-30-20 eazy Cordz with 40" sec rest

2x 40 on 1 min interval – Cordz 20x eazy/ 20 moderate speed

2x 15 Burpee - 20" sec Streamline hold - 1' min rest

4x (30 cordz fast - 20" sec Streamline hold - 40" sec flutter kick reverse (stomach)– 2' min rest)

2x 15 Sklapacky – 30" sec **FAST** Scissor kick - 1' min rest

30" sec Streamline hold (laying down)

3' min jump rope

10-15' min [stretching – warm down](#)

WEDNESDAY: 10-15 minutes warm up of your choice

25 sit-ups – 25 push-ups – 25 Burpee – 25 Sklapacky – 25 Vertical jumps with 1' min rest between each set

5x 40" sec Flutter and Scissor kick on 1' min rest (alternate Odd and Even sets)

25 Vertical Jumps – 25 Sklapacky – 25 Burpee – 25 Push-ups – 25 Sit-ups with 1' min rest between sets

10-15' min [stretching – warm down](#)



THURSDAY: 10-15 minutes warm up of your choice

5x 20 Cordz eazy on 1 min interval

4x (30x Cordz fast – 15” sec Streamline hold – 90” sec rest)

3x 20 Cordz eazy on 1’ min interval

2x (30 Cordz fast – 15’ sec Streamline hold – 90” sec rest)

5x (20 Sit-up twisters – 20” sec Scissor kick - 2’min interval

4’ min Jump rope + 10-15’ min [stretching – warm down](#)

FRIDAY: 10-15 minutes warm up of your choice

2x 40 Cordz eazy on 2 min

6x 40 Cordz (20 medium, 20 fast) on 2 min interval

5-10-15 Burpee with 30” rest between sets

2x 30” sec Streamline hold with 30” rest

4x 20 Cordz eazy on 2 min

2’ min rest

60 Cordz fast

2 min rest

5-10-15 Mountain climbers with 30” rest between sets

2 min rest

5’ min Jump rope

SATURDAY, SUNDAY – Recovery Fun Family weekend OFF



PRE-S / SENIOR / NATIONAL GROUP

MONDAY: 10-15 minutes warm up of your choice

20-30-30-40-30-30-20 eazy Cordz with 40" sec rest

2x 40 on 1 min interval – Cordz 20x eazy/ 20 moderate speed

2x 30 sit-ups – 15 lower back lift – 1' min rest

4x (30 cordz fast - 20" sec Streamline hold - 40" sec flutter kick – 2' min rest)

2x 30 push-ups – 15 Vertical streamline jump – 1' min rest

30" sec Streamline hold

2' min jump rope

10-15' min [stretching – warm down](#)

TUESDAY: 10-15 minutes warm up of your choice

20-30-40-40-30-20 eazy Cordz with 40" sec rest

2x 40 on 1 min interval – Cordz 20x eazy/ 20 moderate speed

2x 20 Burpee - 20" sec Streamline hold - 1' min rest

4x (30 cordz fast - 20" sec Streamline hold - 40" sec flutter kick reverse (stomach)– 2' min rest)

2x 20 Sklapacky – 30" sec **FAST** Scissor kick - 1' min rest

30" sec Streamline hold (laying down)

3' min jump rope

10-15' min [stretching – warm down](#)

WEDNESDAY: 10-15 minutes warm up of your choice

25 sit-ups – 25 push-ups – 25 Burpee – 25 Sklapacky – 25 Vertical jumps with 1' min rest between each set

5x 40" sec Flutter and Scissor kick on 1' min rest (alternate Odd and Even sets)

25 Vertical Jumps – 25 Sklapacky – 25 Burpee – 25 Push-ups – 25 Sit-ups with 1' min rest between sets

10-15' min [stretching – warm down](#)



THURSDAY: 10-15 minutes warm up of your choice

5x 20 Cordz eazy on 1 min interval

5x (30x Cordz fast – 15” sec Streamline hold – 90” sec rest)

5x 20 Cordz eazy on 1’ min interval

2x (30 Cordz fast – 15’ sec Streamline hold – 90” sec rest)

5x (25 Sit-up twisters – 20” sec Scissor kick - 2’min interval

4’ min Jump rope + 10-15’ min [stretching – warm down](#)

FRIDAY: 10-15 minutes warm up of your choice

5x 40 Cordz eazy on 2 min

6x 40 Cordz (20 medium, 20 fast) on 2 min interval

5-10-15 Burpee with 30” rest between sets

2x 30” sec Streamline hold with 30” rest

5x 20 Cordz eazy on 2 min

2’ min rest

60 Cordz fast

2 min rest

5-10-15 Mountain climbers with 30” rest between sets

2 min rest

5’ min Jump rope

10-15’ min [stretching – warm down](#)

SATURDAY, SUNDAY – Recovery Fun Family weekend OFF



GENERAL WARM UP for all ages across before each dryland starts!

Option 1: 5-10 min active stretch + 2x (20 Jumping Jacks, 15 Burpees, 10 Push-ups) 1 min rest between 2 sets + 2x plank hold (30 seconds ON, 30 seconds OFF)

Option 2: 5 min active stretch + 1 mile (8-15 min) lite run + 2x (15 Jumping Jacks, 30 sec Plank hold) 1 min rest between 2 sets

Option 3: 5 min active stretch + 5x (1' min ON and 30" sec OFF jump rope) + 2x plank hold (30 seconds ON, 30 seconds OFF)

PULL-UPS - grip the bar slightly wider than shoulders. Hands away or towards you (your choice). Start from hanging all the way down with straight arms. Pull yourself up until your chin is above the bar. Pause for split of the second. Lower yourself all the way down till arms in straight position again. BREATH IN going up. BREATH OUT going down!

PULL-UP HOLD - 5-10-15-20+ seconds (pull-up till your chin is all the way above the bar and hold for the amount of time written in the set)

PUSH-UPS - Deep. Chest all the way down within 2 inches of touching the floor. If difficult to do. Go for push up from your knees. BREATH IN going down, BREATH OUT going up

JUMPS - High up, max each one

SIT-UPS - Elbow touching knees each time. Legs at 90-degree angle with back flat on the floor. BREATH IN going down, BREATH OUT going up towards knees

LOWER BACK LIFTS - *lying face down on your stomach, feet locked in stable position arms behind your head, lift up as far you can*

SIT-UP TWISTERS - *each sit up bring your elbow to your opposite knee and make a contact. Right elbow to outside of your left knee, Left elbow to outside of your right knee.*

SKLAPACKY - *lying on your back in streamline position. Lift up arms and legs all the way up to touch your feet while pivoting on your bottom. Try keeping your legs straight*

TRICEPS DIPS - Sit on the edge of the chair, bench and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended or at angle. Your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair. Lower yourself until your elbows are bent between 45 and 90 degrees. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.



BURPEE - Begin in a standing position.

1. Move into a squat position with your hands on the ground. (count 1)
2. Kick your feet back into a plank position, while keeping your arms extended. (count 2)
3. Immediately return your feet into squat position. (count 3)
4. Stand up from the squat position (count 4)

STREAMLINE HOLD – In upward standing position holding arms up in the tightest streamline position possible. Keep everything tight. Arms, Core, Legs. Just like trying to go off the wall/turn underwater.

Push-ups / Pyramid of 5+: 1x push up, 2 push-ups, 3 push-ups, 4 push-ups, 5 push-ups, 4 push-ups, 3 push-ups, 2 push-ups, 1 push up) rest between push-ups is to just stand up all the way and then go back down to push up position- approximately 5-7" seconds rest

****Pull-ups / Pyramid of 5+**: 1x pull-up 45" sec rest, 2x pull-ups 45" sec rest, 3x pull-ups 45" sec rest, 4x pull-ups 45" sec rest, 5x pull-ups 45" sec rest, 4x pull-ups 45" rest, 3x pull-ups 45" rest, 2x pull-ups 45" sec rest, 1x pull-up 45" seconds rest