



PRE-DEVELOPMENT / DEVELOPMENT GROUP

MONDAY: 10-15 minutes warm up of your choice

2x (10 vertical jumps – 10 Sklapacky – 10 Mountain Climbers – 2 min rest)

2x 15” sec Streamline hold with 1 min rest

4x 15 Sit-ups on 1 min rest

20 Push-ups

5x 1’ min jump rope on 1 min rest

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

TUESDAY: 10-15 minutes warm up of your choice

2x (20 Sit-up twisters – 10 Lower back lifts – 1 min rest)

4x 15 ON 15” OFF Streamline hold

2x (5 Jumping Jack – 20” sec Plank hold – 8 Vertical streamline jumps – 1 min rest)

20 Push-ups

1 min scissor kick

5x 30” Sec ON and 30” sec OFF 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

2x 1’min Flutter and Scissor kick switch every 15” sec on 1’ min rest between sets

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

3x 2’min Jump rope

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



THURSDAY: 10-15 minutes warm up of your choice

2x (10 vertical jumps – 10 Sklapacky – 10 Burpee – 2 min rest)

4x 10” sec Streamline hold with 30” sec rest

2x (5 Triceps dip – 30” sec Flutter kick – 5 Push-ups - 1 min rest)

5x 45” sec ON – 15” sec OFF jump rope

20 Push-ups

20” Plank hold

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

FRIDAY: 10-15 minutes warm up of your choice

4x 20 Sit-up twisters – 10 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

20 Burpee – 20” sec Scissor kick – 10 Burpee – 20” Flutter kick – 1 min rest

5x 1’ min jump rope

20 Push-ups

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

SATURDAY, SUNDAY – Recovery Fun Family BIKE, Hike Day



SILVER / SILVER ELITE GROUP

MONDAY: 10-15 minutes warm up of your choice

2x 20 eazy on 1 min rest

2x 30 eazy on 1 min rest

6x 25 medium on 1 min interval

2x (15 vertical jumps – 10 Sklapacky – 15 Mountain Climbers – 2 min rest)

2x 30" sec Streamline hold with 1 min rest

5x 1' min jump rope on 1 min rest

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

2 min rest

4x 30 medium on 1 min interval

2 min rest

2x 40 fast on 1 min interval

6x 20 Sit-up twisters – 10 Lower back lifts – 1 min rest

4x 15 ON 15" OFF Streamline hold

3x 2' 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

2 min rest

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

4x 30 eazy ordz on 1 min rest

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



THURSDAY: 10-15 minutes warm up of your choice

2x 20 eazy on 1 min rest

2x 30 (20 eazy, 10 hard) on 1 min rest

4x 40 (10 eazy, 20 medium, 10 hard) on 1 min rest

2x (15 vertical jumps – 10 Sklapacky – 20 Burpee – 2 min rest)

2x 30” sec Streamline hold with 1 min rest

10x 30” sec ON – 30” sec OFF jump rope

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

FRIDAY: 10-15 minutes warm up of your choice

30-40-50-40-30 eazy Cordz with 40” sec rest

2 min rest

4x 40 (30 medium, 10 hard) on 1:45 min interval

2 min rest

4x 20 fast on 1 min interval

6x 20 Sit-up twisters – 10 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

5x 1’ min jump rope

25x Burpee

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

SATURDAY, SUNDAY – Recovery Fun Family weekend OFF



GOLD GROUP

MONDAY: 10-15 minutes warm up of your choice

2x 30 eazy on 1 min rest

2x 40 eazy on 1 min rest

6x 30 medium on 1 min interval

2x (15 vertical jumps – 15 Sklapacky – 15 Mountain Climbers – 2 min rest)

2x 30” sec Streamline hold with 1 min rest

5x 1’ min jump rope on 1 min rest

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

2 min rest

4x 40 medium on 1 min interval

2 min rest

4x 30 fast on 1 min interval

6x 20 Sit-up twisters – 12 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

3x 2’ 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

2 min rest

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

5x 30 eazy ordz on 1 min rest

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



THURSDAY: 10-15 minutes warm up of your choice

2x 30 eazy on 1 min rest

2x 40 (20 eazy, 20 hard) on 1 min rest

5x 40 (10 eazy, 20 medium, 10 hard) on 1 min rest

2x (15 vertical jumps – 15 Sklapacky – 20 Burpee – 2 min rest)

2x 30” sec Streamline hold with 1 min rest

10x 30” sec ON – 30” sec OFF jump rope

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

FRIDAY: 10-15 minutes warm up of your choice

30-40-50-40-30 eazy Cordz with 40” sec rest

2 min rest

5x 40 (30 medium, 10 hard) on 1:45 min interval

2 min rest

4x 30 fast on 1 min interval

6x 20 Sit-up twisters – 15 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

5x 1’ min jump rope

30x Burpee

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

SATURDAY, SUNDAY – Recovery Fun Family weekend OFF



PRE-S / SENIOR / NATIONAL GROUP

MONDAY: 10-15 minutes warm up of your choice

4x 30 eazy on 1 min rest

2x 50 eazy on 1 min rest

6x 30 medium on 1 min interval

2x (15 vertical jumps – 15 Sklapacky – 15 Mountain Climbers – 2 min rest)

2x 30” sec Streamline hold with 1 min rest

5x 1’ min jump rope on 1 min rest

25x Burpee with push up

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

2 min rest

5x 40 medium on 1:15 min interval

2 min rest

5x 30 fast on 1 min interval

6x 20 Sit-up twisters – 12 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

3x 2’ min jump rope

25x Burpee with push up

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

2 min rest

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

6x 30 eazy ordz on 1 min rest

25x Burpee with push up

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



THURSDAY: 10-15 minutes warm up of your choice

2x 40 eazy on 1 min rest

4x 40 (20 eazy, 20 hard) on 1 min rest

5x 40 (10 eazy, 20 medium, 10 hard) on 1 min rest

2x (15 vertical jumps – 15 Sklapacky – 20 Burpee – 2 min rest)

2x 30” sec Streamline hold with 1 min rest

10x 30” sec ON – 30” sec OFF jump rope

25x Burpee with push up

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

FRIDAY: 10-15 minutes warm up of your choice

30-40-50-40-30 eazy Cordz with 40” sec rest

2 min rest

6x 40 (30 medium, 10 hard) on 1:45 min interval

2 min rest

6x 30 fast on 1 min interval

6x 20 Sit-up twisters – 15 Lower back lifts – 1 min rest

4x 15 ON 15” OFF Streamline hold

5x 1’ min jump rope

25x Burpee with push up

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 pushups, 2 push-ups, 1 push up) rest between push-ups is to just stand up all the way and than 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 pullups 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