



PRE-DEVELOPMENT / DEVELOPMENT GROUP

MONDAY: 10-15 minutes warm up of your choice

4x 20" sec Streamline hold with 30" rest

Push-ups Pyramid of 5 with 15" sec rest between

2x (20x sit-ups – 10x lower back lifts – 45" sec flutter kick)

2x 20" sec Streamline hold with 30" rest

2x (15x push-ups – 10x sklapacky - 45" sec flutter kick reverse (on your stomach)

1' min jump rope – 30" sec plank hold – 2' min jump rope – 30" sec plank hold

30x burpee

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

TUESDAY: 10-15 minutes warm up of your choice

2x 30" sec Streamline hold with 30" rest

4x 8 triceps dips with 10" sec Streamline hold right after triceps dip #8 all on 1 min rest between sets

2x (30" sec scissor kick – 8 push-ups – 21 sit ups (2x twister, 1x regular) on 90" sec rest)

2x (15 mountain climbers – 30" sec scissor kick – 21 sit-ups (1x regular, 2x twisters) on 90"sec rest

1 – 2 – 1 – 2 min jump rope with 30-60" sec rest between

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

WEDNESDAY: Recovery day: must go for either BIKE 6< WALK 4< HIKE 4< RUN 3<

Your choice of at least one of the activities



THURSDAY:



COMPETITION DAY



10-15 minutes warm up of your choice and take **3 minutes REST between each set**

1x min SIT-UPS maximum count per 1 minute _____
1x min PUSH-UPS maximum count per 1 minute _____
1x min JUMP ROPE maximum count per 1 minute _____

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

FRIDAY: 10-15 minutes warm up of your choice

30" sec flutter kick – 10 burpee – 30 sec scissor kick – 10 vertical streamline jumps

2 min rest

6x 5 push-ups on 1 min rest

5 burpee – 20" sec streamline hold – 10 burpee – 30" sec streamline hold

2 min rest

6x 12 sit-up twisters on 1 min rest

5 mountain climbers – 20" sec streamline hold – 10 mountain climbers – 30" sec streamline hold

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

SATURDAY, SUNDAY – Recovery Fun Day



SILVER / SILVER ELITE GROUP

MONDAY: 10-15 minutes warm up of your choice

8x 20 on 1 min interval – Stretch Cordz – eazy Technique

2 min rest

4x 20” sec Streamline hold with 30” rest

Push-ups Pyramid of 6 with 15” sec rest between

2x (25x sit-ups – 12x lower back lifts – 45” sec flutter kick)

2x 30” sec Streamline hold with 30” rest

2x (20x push-ups – 10x sklapacky - 45” sec flutter kick reverse (on your stomach)

1’ min jump rope – 30” sec plank hold – 2’ min jump rope – 30” sec plank hold

30x burpee

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

TUESDAY: 10-15 minutes warm up of your choice

6x 30 on 1:30 min interval – Stretch Cordz – eazy Technique

2 min rest

2x 30” sec Streamline hold with 30” rest

4x 10 triceps dips with 10” sec Streamline hold right after triceps dip #8 all on 1 min rest between sets

2x (30” sec scissor kick – 12 push-ups – 21 sit ups (2x twister, 1x regular) on 90” sec rest)

2x (20 mountain climbers – 30” sec scissor kick – 21 sit-ups (1x regular, 2x twisters) on 90”sec rest

1 – 2 – 1 – 2 min jump rope with 30-60” sec rest between

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

WEDNESDAY: Recovery day: must go for either BIKE 6< WALK 4< HIKE 4< RUN 3<

Your choice of at least one of the activities



THURSDAY:



COMPETITION DAY



10-15 minutes warm up of your choice and take **3 minutes REST between each set**

1 min PULL-UPS maximum count per 1 minute _____
1x min SIT-UPS maximum count per 1 minute _____
1x min PUSH-UPS maximum count per 1 minute _____
1x min JUMP ROPE maximum count per 1 minute _____

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

FRIDAY: 10-15 minutes warm up of your choice

40" sec flutter kick – 12 burpee – 40 sec scissor kick – 12 vertical streamline jumps

2 min rest

6x 8 push-ups on 1 min rest

10 burpee – 20" sec streamline hold – 15 burpee – 30" sec streamline hold

2 min rest

6x 15 sit-up twisters on 1 min rest

10 mountain climbers – 20" sec streamline hold – 15 mountain climbers – 30" sec streamline hold

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

SATURDAY, SUNDAY – Recovery Fun Day



GOLD GROUP

MONDAY: 10-15 minutes warm up of your choice

8x 30 on 1:20 min interval – Stretch Cordz – eazy Technique

2 min rest

4x 30” sec Streamline hold with 30” rest

Push-ups Pyramid of 8 with 15” sec rest between

2x (30x sit-ups – 12x lower back lifts – 45” sec flutter kick)

2x 30” sec Streamline hold with 30” rest

2x (25x push-ups – 15x sklapacky - 45” sec flutter kick reverse (on your stomach)

1’ min jump rope – 45” sec plank hold – 2’ min jump rope – 45” sec plank hold

35x burpee

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

TUESDAY: 10-15 minutes warm up of your choice

6x 40 on 1 min rest – Stretch Cordz – eazy Technique

2 min rest

2x 30” sec Streamline hold with 30” rest

4x 12 triceps dips with 15” sec Streamline hold right after triceps dip #12 all on 1 min rest between sets

2x (40” sec scissor kick – 15 push-ups – 21 sit ups (2x twister, 1x regular) on 90” sec rest)

2x (25 mountain climbers – 40” sec scissor kick – 21 sit-ups (1x regular, 2x twisters) on 90”sec rest

1 – 2 – 1 – 2 min jump rope with 30-60” sec rest between

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

WEDNESDAY: Recovery day: must go for either BIKE 6< WALK 4< HIKE 4< RUN 3<

Your choice of at least one of the activities



THURSDAY:



COMPETITION DAY



10-15 minutes warm up of your choice and take **3 minutes REST between each set**

1 min PULL-UPS maximum count per 1 minute _____
1x min SIT-UPS maximum count per 1 minute _____
1x min PUSH-UPS maximum count per 1 minute _____
1x min JUMP ROPE maximum count per 1 minute _____

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

FRIDAY: 10-15 minutes warm up of your choice

5x 40 on 1 min rest Stretch Cordz eazy

45” sec flutter kick – 15 burpee – 45 sec scissor kick – 15 vertical streamline jumps

2 min rest

6x 10 push-ups on 1 min rest

15 burpee – 20” sec streamline hold – 20 burpee – 30” sec streamline hold

2 min rest

6x 20 sit-up twisters on 1 min rest

15 mountain climbers – 30” sec streamline hold – 20 mountain climbers – 30” sec streamline hold

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

SATURDAY, SUNDAY – Recovery Fun Day



PRE SENIOR -SENIOR / NATIONAL GIRLS GROUP

MONDAY: 10-15 minutes warm up of your choice

8x 40 on 1:20 min interval – Stretch Cordz – eazy Technique

2 min rest

4x 30” sec Streamline hold with 30” rest

Push-ups Pyramid of 10 with 15” sec rest between

2x (30x sit-ups – 12x lower back lifts – 45” sec flutter kick – 8x vertical jumps)

2x 30” sec Streamline hold with 30” rest

2x (25x push-ups – 30” sec scissor kick - 15x sklapacky - 45” sec flutter kick reverse (on your stomach)

1’ min jump rope – 45” sec plank hold – 2’ min jump rope – 45” sec plank hold

40x burpee

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

TUESDAY: 10-15 minutes warm up of your choice

6x 50 on 1 min rest – Stretch Cordz – eazy Technique

2 min rest

2x 30” sec Streamline hold with 30” rest

4x 12 triceps dips with 15” sec Streamline hold right after triceps dip #12 all on 1 min rest between sets

2x (40” sec scissor kick – 20 push-ups – 21 sit ups (2x twister, 1x regular) on 90” sec rest)

2x (25 mountain climbers – 40” sec scissor kick – 21 sit-ups (1x regular, 2x twisters) on 90”sec rest

1 – 2 – 1 – 2 min jump rope with 30-60” sec rest between

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

WEDNESDAY: Recovery day: must go for either BIKE 6< WALK 4< HIKE 4< RUN 3<

Your choice of at least one of the activities



THURSDAY:



COMPETITION DAY



10-15 minutes warm up of your choice and take **3 minutes REST between each set**

1 min PULL-UPS maximum count per 1 minute	_____
1x min SIT-UPS maximum count per 1 minute	_____
1x min PUSH-UPS maximum count per 1 minute	_____
1x min JUMP ROPE maximum count per 1 minute	_____

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

FRIDAY: 10-15 minutes warm up of your choice

4x 60 on 1 min rest Stretch Cordz eazy

45” sec flutter kick – 15 burpee – 45 sec scissor kick – 15 vertical streamline jumps

2 min rest

6x 12 push-ups on 1 min rest

20 burpee – 20” sec streamline hold – 25 burpee – 30” sec streamline hold

2 min rest

6x 20 sit-up twisters on 1 min rest

20 mountain climbers – 30” sec streamline hold – 25 mountain climbers – 30” sec streamline hold

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

SATURDAY: Girls National Group

10-15 minutes warm up of your choice

6x 20 cordz eazy on 1 min interval

4x 80 cordz on 2:30 interval (20 eazy, 40 strong, 20 fast-speed)

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

SUNDAY – Recovery Fun Day



SENIOR BOYS GROUP

MONDAY: 10-15 minutes warm up of your choice

8x 50 on 1:30 min interval – Stretch Cordz – eazy Technique

2 min rest

4x 30” sec Streamline hold with 30” rest

Push-ups Pyramid of **11** with 15” sec rest between

2x (30x sit-ups – 12x lower back lifts – 45” sec flutter kick – 10x vertical jumps)

2x 30” sec Streamline hold with 30” rest

2x (25x push-ups – 30” sec scissor kick - 15x sklapacky - 45” sec flutter kick reverse (on your stomach)

1’ min jump rope – 45” sec plank hold – 2’ min jump rope – 45” sec plank hold

40x burpee

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

TUESDAY: 10-15 minutes warm up of your choice

6x 60 on 1 min rest – Stretch Cordz – eazy Technique

2 min rest

2x 30” sec Streamline hold with 30” rest

4x 12 triceps dips with 15” sec Streamline hold right after triceps dip #12 all on 1 min rest between sets

2x (45” sec scissor kick – 20 push-ups – 21 sit ups (2x twister, 1x regular) on 90” sec rest)

2x (30 mountain climbers – 45” sec scissor kick – 21 sit-ups (1x regular, 2x twisters) on 90”sec rest

1 – 2 – 1 – 2 min jump rope with 30-60” sec rest between

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

WEDNESDAY: Recovery day: must go for either BIKE 6< WALK 4< HIKE 4< RUN 3<

Your choice of at least one of the activities



THURSDAY:



COMPETITION DAY



10-15 minutes warm up of your choice and take **3 minutes REST between each set**

1 min PULL-UPS maximum count per 1 minute	_____
1x min SIT-UPS maximum count per 1 minute	_____
1x min PUSH-UPS maximum count per 1 minute	_____
1x min JUMP ROPE maximum count per 1 minute	_____

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

FRIDAY: 10-15 minutes warm up of your choice

4x 80 on 1 min rest Stretch Cordz eazy

45" sec flutter kick – 20 burpee – 45 sec scissor kick – 15 vertical streamline jumps

2 min rest

6x 15 push-ups on 1:15" min rest

20 burpee – 20" sec streamline hold – 25 burpee – 30" sec streamline hold

2 min rest

6x 25 sit-up twisters on 1 min rest

20 mountain climbers – 30" sec streamline hold – 25 mountain climbers – 30" sec streamline hold

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

SATURDAY:

10-15 minutes warm up of your choice

6x 20 cordz eazy on 1 min interval

6x 80 cordz on 2:30 interval (20 eazy, 40 strong, 20 fast-speed)

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

SUNDAY – Recovery Fun Day



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