



PRE-DEVELOPMENT / DEVELOPMENT GROUP

TUESDAY: 10-15 minutes warm up of your choice

10x Push-ups - 20" sec Streamline hold – 5x Push-ups – 30" sec Streamline hold

12x Vertical streamline jumps (VSJ) – 10"sec Streamline hold – 6x VSJ - 20"sec Streamline hold

20x Sit-ups – 20" sec Streamline hold (laying down) - 20x Sit-ups – 20" sec Streamline hold (laying down)

3x 40" sec flutter kick – 1' min rest

4x 1' min jump rope – 1' min rest

20x push-ups

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

WEDNESDAY: 10-15 minutes warm up of your choice

15x Burpee – 1' min rest – 10x Burpee – 1' min rest – 5x Burpee – 1' min rest

2x (10x lower back lifts – 30" sec Plank hold – 1' min rest)

20" sec Streamline hold – 30" sec rest - 20" sec Streamline hold (laying down) – 30" sec rest

3x 40" sec scissor kick – 1' min rest

3 – 2 – 1 min jump rope on 1' min rest between sets

10x Pull-ups

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

THURSDAY: 10-15 minutes warm up of your choice

15x mountain climbers - 20" sec Streamline hold - 15x mountain climbers - 20" sec Streamline hold

2x (8x Triceps dips – 5x Push-ups – 20" sec Streamline hold – 1' min rest)

2x 30" sec Plank hold - 30" sec flutter kick reverse (on your stomach) – 1' min rest

25x Sit-ups twisters

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

4x 30" sec Jump rope on 1' min rest

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



FRIDAY: 10-15 minutes warm up of your choice

4x (5x Push-ups – 10” sec Streamline hold – 1’min rest)

15x vertical streamline jumps – 1’min rest

4x (15x Sit-ups twisters – 10” sec Streamline hold - on 1 min rest)

40” sec Scissor kick – 1’min rest

4x (8x Sklapacky – 10” sec Streamline hold - 1 min rest)

20x Burpee with push-up

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

SATURDAY, SUNDAY – Recovery Fun Family BIKE, Hike Day

SILVER / SILVER ELITE GROUP

TUESDAY: 10-15 minutes warm up of your choice

4x 20 on 1 min interval – Stretch Cordz – eazy Technique

4x 30 on 1’ min interval – Stretch Cordz - strong

2 min rest

10x Push-ups - 20” sec Streamline hold – 10x Push-ups – 30” sec Streamline hold

10x Vertical streamline jumps (VSJ) – 10”sec Streamline hold – 10x VSJ - 20”sec Streamline hold

25x Sit-ups – 20” sec Streamline hold (laying down) - 25x Sit-ups – 20” sec Streamline hold (laying down)

3x 45” sec flutter kick – 1’ min rest

4x 1’ min jump rope – 1’ min rest

25x push-ups

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



WEDNESDAY: 10-15 minutes warm up of your choice

10 – 20 – 30 – 40 Stretch Cordz eazy on 30” rest

4x 20 Cordz – strong on 1’ min interval

2 min rest

15x Burpee – 1’min rest – 10x Burpee – 1’min rest – 5x Burpee – 1’min rest

2x (10x lower back lifts – 30” sec Plank hold – 1’min rest)

20” sec Streamline hold – 30” sec rest - 20” sec Streamline hold (laying down) – 30” sec rest

3x 45” sec scissor kick – 1’min rest

3 – 2 – 1 – 1 min jump rope on 1’ min rest between sets

15x Pull-ups

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

THURSDAY: 10-15 minutes warm up of your choice

15x mountain climbers - 20” sec Streamline hold - 15x mountain climbers - 20” sec Streamline hold

2x (8x Triceps dips – 5x Push-ups – 20” sec Streamline hold – 1’min rest)

2x 30” sec Plank hold - 30” sec flutter kick reverse (on your stomach) – 1’min rest

30x Sit-ups twisters

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

4x 40” sec Jump rope on 1’min rest eazy to medium pace

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

FRIDAY: 10-15 minutes warm up of your choice

5x 30 (10x eazy – 20 strong Cordz on 1’ min rest between sets)

15x vertical streamline jumps – 1’min rest

4x (20x Sit-ups twisters – 10” sec Streamline hold - on 1 min rest)

2x 40” sec Scissor kick – 1’min rest

4x (8x Sklapacky – 10” sec Streamline hold - 1 min rest)

25x Burpee with push-up

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

SATURDAY, SUNDAY – Recovery Fun Family BIKE, Hike Day



GOLD GROUP

TUESDAY: 10-15 minutes warm up of your choice

4x 30 on 1 min interval – Stretch Cordz – eazy Technique

4x 40 on 1' min interval – Stretch Cordz - strong

2 min rest

12x Push-ups - 20" sec Streamline hold – 12x Push-ups – 30" sec Streamline hold

12x Vertical streamline jumps (VSJ) – 10"sec Streamline hold – 12x VSJ - 20"sec Streamline hold

30x Sit-ups – 20" sec Streamline hold (laying down) - 30x Sit-ups – 20" sec Streamline hold (laying down)

4x 40" sec flutter kick – 1' min rest

5x 1' min jump rope – 1' min rest

30x push-ups

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

WEDNESDAY: 10-15 minutes warm up of your choice

20 – 30 -30 – 40 – 50 Stretch Cordz eazy on 30" rest

4x 30 Cordz – strong on 1' min interval

2 min rest

20x Burpee – 1'min rest – 15x Burpee – 1'min rest – 10x Burpee – 1'min rest

2x (12x lower back lifts – 30" sec Plank hold – 1'min rest)

20" sec Streamline hold – 30" sec rest - 20" sec Streamline hold (laying down) – 30" sec rest

4x 40" sec scissor kick – 1'min rest

3 – 2 – 1 – 1 min jump rope on 1' min rest between sets

20x Pull-ups

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



THURSDAY: 10-15 minutes warm up of your choice

5x 40 Cordz eazy on 1' min rest

20x mountain climbers - 20" sec Streamline hold - 20x mountain climbers - 20" sec Streamline hold

2x (10x Triceps dips – 6x Push-ups – 20" sec Streamline hold – 1' min rest)

2x 40" sec Plank hold - 40" sec flutter kick reverse (on your stomach) – 1' min rest

35x Sit-ups twisters

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

4x 45" sec Jump rope on 1' min rest eazy to medium pace

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

FRIDAY: 10-15 minutes warm up of your choice

6x 40 (20x eazy – 20 strong Cordz on 1' min rest between sets)

20x vertical streamline jumps – 1' min rest

4x (25x Sit-ups twisters – 10" sec Streamline hold - on 1 min rest)

2x 45" sec Scissor kick – 1' min rest

4x (10x Sklapacky – 10" sec Streamline hold - 1 min rest)

30x Burpee with push-up

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

SATURDAY, SUNDAY – Recovery Fun Family BIKE, Hike Day



PRE SENIOR -SENIOR / NATIONAL GIRLS GROUP

TUESDAY: 10-15 minutes warm up of your choice

5x 30 on 1 min interval – Stretch Cordz – eazy Technique

5x 40 on 1' min interval – Stretch Cordz - strong

2 min rest

15x Push-ups - 20" sec Streamline hold – 15x Push-ups – 30" sec Streamline hold

15x Vertical streamline jumps (VSJ) – 10"sec Streamline hold – 15x VSJ - 20"sec Streamline hold

30x Sit-ups – 20" sec Streamline hold (laying down) - 30x Sit-ups – 20" sec Streamline hold (laying down)

5x 40" sec flutter kick – 1' min rest

6x 1' min jump rope – 1' min rest

35x push-ups

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

WEDNESDAY: 10-15 minutes warm up of your choice

20 – 40 – 20 – 40 – 20 – 60 Stretch Cordz eazy on 30" rest

5x 30 Cordz – strong on 1' min interval

2 min rest

25x Burpee – 1' min rest – 20x Burpee – 1' min rest – 15x Burpee – 1' min rest

2x (12x lower back lifts – 40" sec Plank hold – 1' min rest)

20" sec Streamline hold – 30" sec rest - 20" sec Streamline hold (laying down) – 30" sec rest

4x 40" sec scissor kick – 1' min rest

3 – 2 – 1 – 1 min jump rope on 1' min rest between sets

20x Pull-ups

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



THURSDAY: 10-15 minutes warm up of your choice

6x 40 Cordz eazy on 1' min rest

25x mountain climbers - 20" sec Streamline hold - 25x mountain climbers - 20" sec Streamline hold

2x (10x Triceps dips – 8x Push-ups – 20" sec Streamline hold – 1' min rest)

2x 40" sec Plank hold - 40" sec flutter kick reverse (on your stomach) – 1' min rest

40x Sit-ups twisters

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

5x 45" sec Jump rope on 1' min rest eazy to medium pace

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

FRIDAY: 10-15 minutes warm up of your choice

6x 50 (20x eazy – 30 strong Cordz on 1' min rest between sets)

20x vertical streamline jumps – 1' min rest

4x (30x Sit-ups twisters – 10" sec Streamline hold - on 1 min rest)

2x 45" sec Scissor kick – 1' min rest

4x (12x Sklapacky – 10" sec Streamline hold - 1 min rest)

35x Burpee with push-up

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

SATURDAY: Girls National Group

10-15 minutes warm up of your choice

4x 30 cordz eazy on 1 min interval

6x 50 cordz on 2' interval (20 eazy, 30 fast-speed)

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

SUNDAY – Recovery Fun Day



SENIOR BOYS GROUP

TUESDAY: 10-15 minutes warm up of your choice

5x 40 on 1 min interval – Stretch Cordz – eazy Technique

6x 40 on 1' min interval – Stretch Cordz - strong

2 min rest

20x Push-ups - 20" sec Streamline hold – 20x Push-ups – 30" sec Streamline hold

15x Vertical streamline jumps (VSJ) – 10"sec Streamline hold – 15x VSJ - 20"sec Streamline hold

35x Sit-ups – 20" sec Streamline hold (laying down) - 35x Sit-ups – 20" sec Streamline hold (laying down)

5x 40" sec flutter kick – 1' min rest

6x 1' min jump rope – 1' min rest

40x push-ups

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

WEDNESDAY: 10-15 minutes warm up of your choice

30– 40 – 30 – 40 – 30 – 60 Stretch Cordz eazy on 30" rest

6x 30 Cordz – strong on 1' min interval

2 min rest

25x Burpee – 1' min rest – 20x Burpee – 1' min rest – 15x Burpee – 1' min rest

2x (12x lower back lifts – 40" sec Plank hold – 1' min rest)

20" sec Streamline hold – 30" sec rest - 20" sec Streamline hold (laying down) – 30" sec rest

4x 45" sec scissor kick – 1' min rest

3 – 2 – 1 – 1 min jump rope on 1' min rest between sets

25x Pull-ups

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



THURSDAY: 10-15 minutes warm up of your choice

6x 40 Cordz eazy on 1' min rest

25x mountain climbers - 20" sec Streamline hold - 25x mountain climbers - 20" sec Streamline hold

2x (12x Triceps dips –10x Push-ups – 20" sec Streamline hold – 1'min rest)

2x 40" sec Plank hold - 40" sec flutter kick reverse (on your stomach) – 1'min rest

50x Sit-ups twisters

5x 45" sec Flutter and Scissor kick on 1' min rest (alternate Odd and Even sets)

6x 45" sec Jump rope on 1'min rest eazy to medium pace

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

FRIDAY: 10-15 minutes warm up of your choice

8x 50 (20x eazy – 30 strong Cordz on 1' min rest between sets)

20x vertical streamline jumps – 1'min rest

4x (35x Sit-ups twisters – 10" sec Streamline hold - on 1 min rest)

2x 45" sec Scissor kick – 1'min rest

4x (12x Sklapacky – 10" sec Streamline hold - 1 min rest)

35x Burpee with push-up

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

SATURDAY: Girls National Group

10-15 minutes warm up of your choice

6x 30 cordz eazy on 1 min interval

6x 50 cordz on 1:45" interval (20 eazy, 30 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 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