

Appendix: Workouts

180° Jump Squats

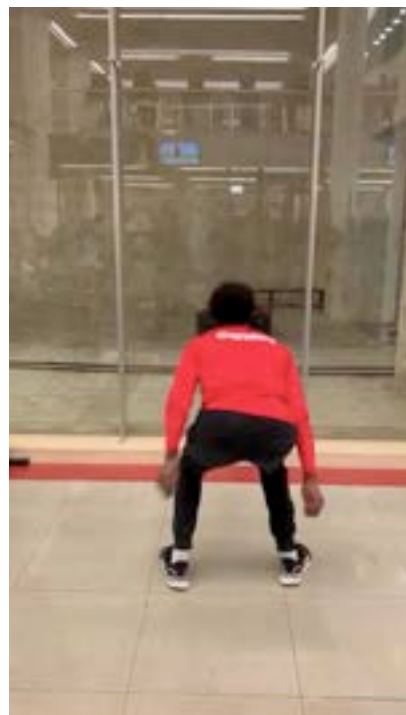
Step 1



Step 2



Step 3



Appendix: Workouts

180° Jump Squats to Push Ups

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Appendix: Workouts

Alternating Side Lunges

Step 1



Step 2



Appendix: Workouts

Bear Crawls

Step 1



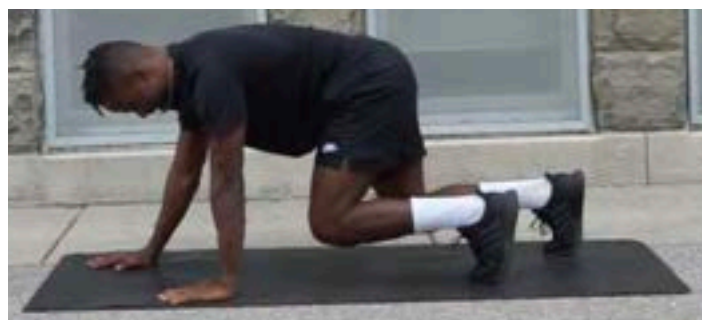
Step 1



Step 2



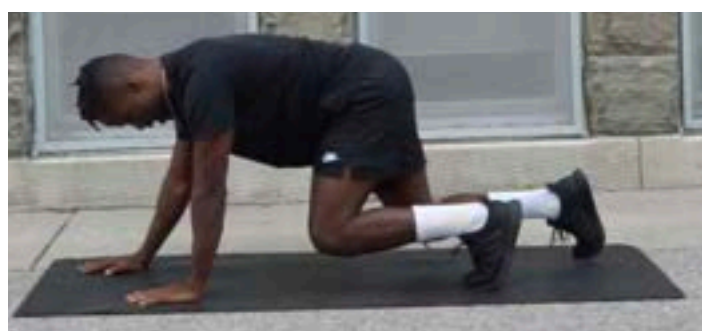
Step 2



Step 3



Step 3



Step 4



Step 4



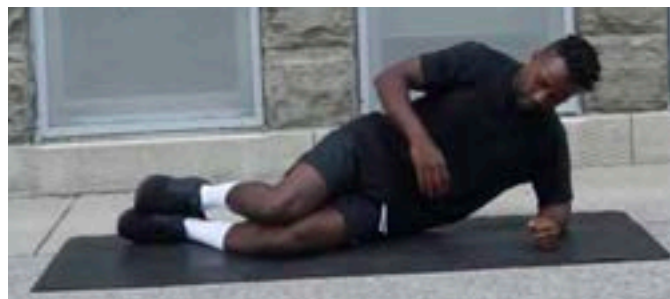
Appendix: Workouts

Bent Knee Side Plank

Step 1



Step 1



Step 2



Step 2



Appendix: Workouts

Bent Over Rear Pull Overhead Reach

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Appendix: Workouts

Broad Jump to Back Shuffle

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

Broad Jump to Back Shuffle to Push Up

Step 1



Step 2



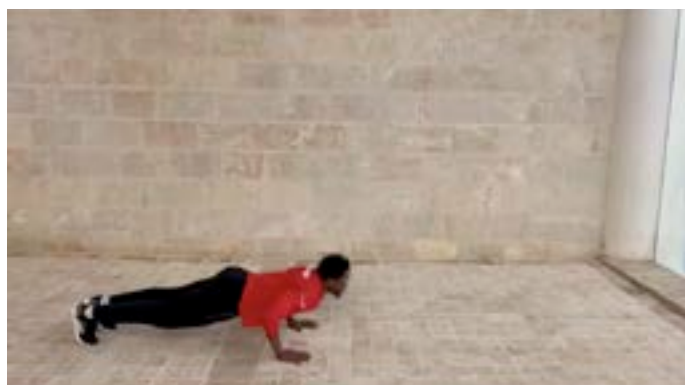
Step 3



Step 4



Step 5



Step 6



Appendix: Workouts

Burpee Step Backs

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



Step 4



Step 4



Appendix: Workouts

Close Ups to Wide Ups

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

Curtsy Lunge

Partner Optional
Shoulder Resistance

Step 1



Step 2



Step 1 with resistance



Step 1



Step 2



Step 2 with resistance



Appendix: Workouts

Dead Bug to Straight Arm/Straight Leg

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

Dead Bug to Heel Taps

Step 1



Step 2



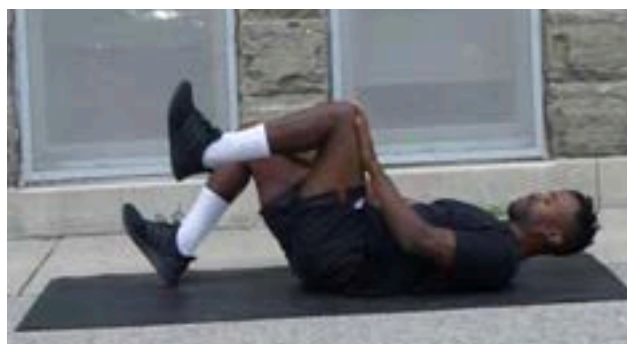
Step 3



Step 1



Step 2



Step 3



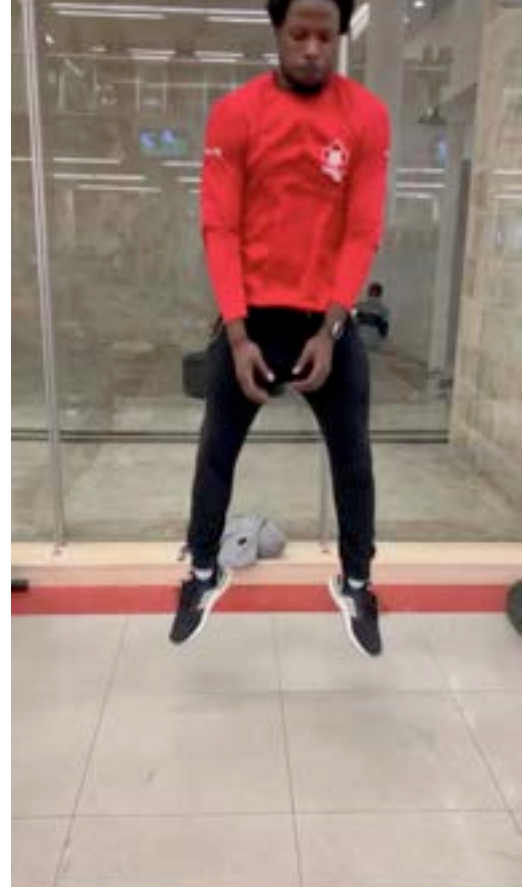
Appendix: Workouts

Frog Jumps

Step 1



Step 2



Appendix: Workouts

Halfway Lunge to Pulse

Partner Optional
Shoulder resistance

Step 1



Step 2



Step 3



Step 4



Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

High Plank



Appendix: Workouts

High Plank Knee to Elbow Drive

Step 1



Step 2



Appendix: Workouts

High Plank to Alternating Leg Raises

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

High Plank to Low Plank

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

High Plank to Shoulder Taps

Step 1



Step 1



Step 2



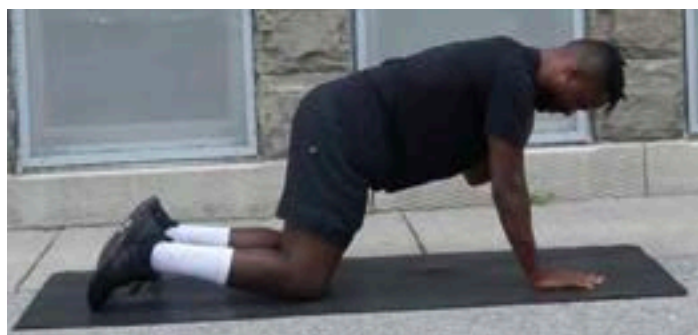
Step 2



Step 3



Step 3



Appendix: Workouts

High Side Plank to Rotations

Step 1



Step 2



Appendix: Workouts

Hollow Holds to Knee Tucks

Step 1



Step 2



Appendix: Workouts

Inch Worms

Step 1



Step 5



Step 2



Step 6



Step 3



Step 7



Step 4



Appendix: Workouts

Jump Squats

Step 1



Step 2



Step 3



Appendix: Workouts

Jump Lunge

Step 1



Step 2



Appendix: Workouts

Jumping Single Leg Hip Hinges

Step 1



Step 2



Appendix: Workouts

Jumping Skater Lunge

Step 1



Step 2



Step 3



Step 4



Step 5



Appendix: Workouts

Kneeling Plank Shoulder Taps

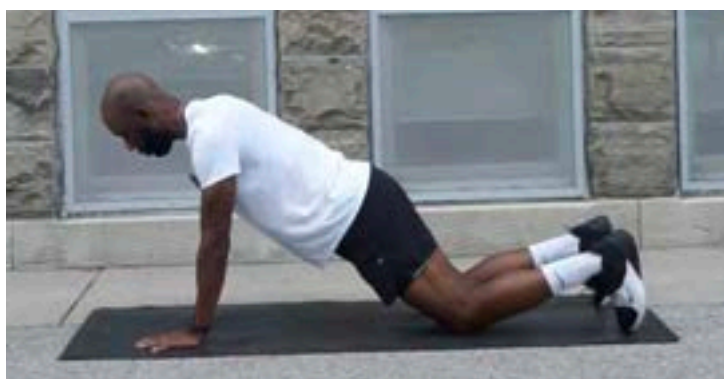
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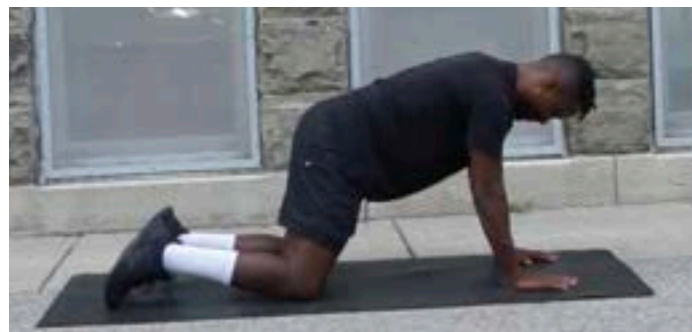
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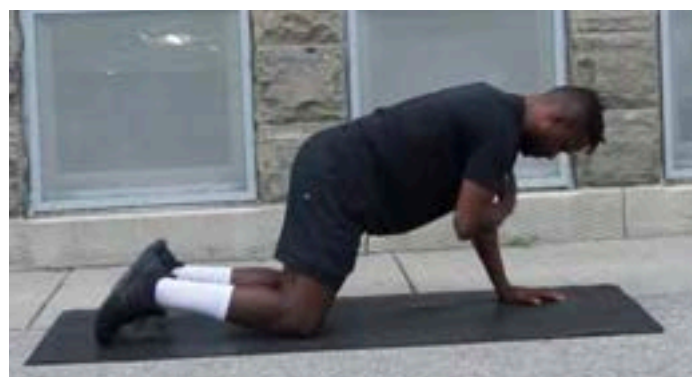
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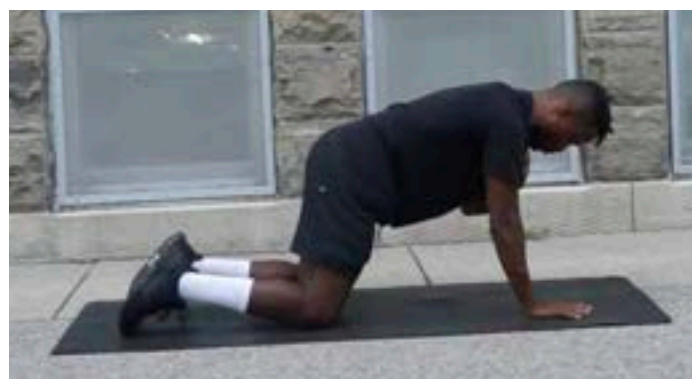
Step 1



Step 2



Step 3



Appendix: Workouts

Kneeling Push Ups

Step 1



Step 2



Appendix: Workouts

Mountain Climbers

Step 1



Step 2



Step 3



Appendix: Workouts

Pike Jump Taps

Step 1



Step 2



Appendix: Workouts

Pike Push Ups

Step 1



Step 2



Appendix: Workouts

Plank to Push Ups

Step 1



Step 2



Appendix: Workouts

Push Up to Arm Lift

Step 1



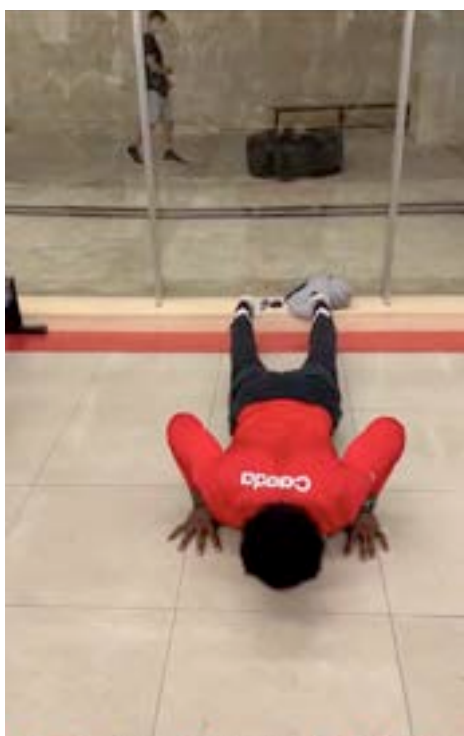
Step 2



Step 3



Step 4



Step 5



Appendix: Workouts

Reverse Lunge to Knee Drive

Step 1



Step 2



Appendix: Workouts

Side Lunge Hovers to Lift Off

Step 1



Step 2



Appendix: Workouts

Side Plank Hold

Step 1



Appendix: Workouts

Side Plank Reach Throughs

Step 1



Step 2



Appendix: Workouts

Side Plank to Knee Elbow Drives

Step 1



Step 2



Appendix: Workouts

Single Leg Hip Thrusters

Partner Optional
Hip Resistance

Step 1



Step 1



Step 2



Step 2



Step 1 with resistance



Step 2 with resistance



Appendix: Workouts

Squat Ground Taps

Step 1



Step 2



Step 3



Step 4



Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

Staggered Hip Hinge

Step 1



Step 1



Step 2



Step 2



Appendix: Workouts

Staggered Hip Hinge to Knee Drive

Partner Optional
Shoulder Resistance

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



Appendix: Workouts

Sumo Squat to Lunge

Step 1



Step 2



Step 3



Step 4



Step 5



Appendix: Workouts

Push Ups to High Side Plank

Step 1



Step 2



Step 3



Step 4



Appendix: Workouts

Travel Jump Push Ups

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 9



Appendix: Workouts

Travel Push Ups

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Appendix: Workouts

Turkish Get Ups

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

