

1. Station 1 – Pull up bars on fit course

- 1.1. Chin ups
- 1.2. Frog kicks
- 1.3. Alternating frog kicks
- 1.4. Double leg pike

2. Station 2 – Upper Leg

- 2.1. Prisoner squat
- 2.2. Single leg prisoner squat
- 2.3. Front lunges (Stationary lunges)
- 2.4. Lunge exchange (Stationary)

3. Station 3 – Upper Torso

- 3.1. Push ups
- 3.2. Push ups with toe walk
- 3.3. Push up on finger tips or with clap
- 3.4. Dips

4. Station 4 – Lower Torso & Hip

- 4.1. Mountain climbers (4 way: singles in/out, doubles in/out)
- 4.2. Donkey whips
- 4.3. Plyo box step ups – knee lift and twist
- 4.4. Plyo box side jumps

5. Stations 5 – Agility

- 5.1. Backward run
- 5.2. Straight leg shuffle to bound
- 5.3. Quick legs
- 5.4. Dribbling – small steps ankle high to high knees
- 5.5. Frog jumps *Each station should be at least 50 meters apart. They rotate/jog to each station.

1. Station 1 – Pull up bars on fit course

CHIN-UPS	FROG-KICKS	HANGING ALTERNATING FROG-KICK	DOUBLE LEG PIKES

2. Station 2 – Upper Leg

PRISONER SQUAT	SINGLE-LEG SQUAT	FRONT LUNGE	LUNGE EXCHANGE	
			10	

3. Station 3 – Upper Torso

Push-Ups



Push-Ups
With toe walk

Same as push-up except after the push up walk to the left 2 spaces by crossing your arms and legs

Finger Tip
Push-Ups



DIPS

20



4. Station 4 – Lower Torso & Hip

MOUNTAIN
CLIMBERS



DANCEY WORMS



STEP-UPS

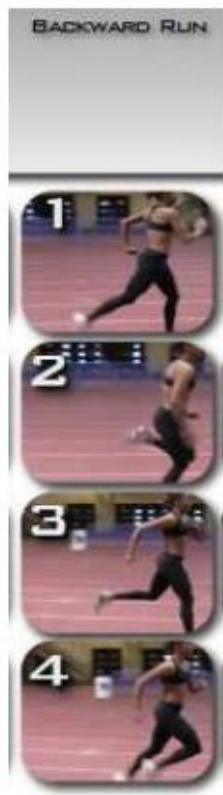
15 EACH LEG



Plyo box
side jumps



5. Stations 5 – Agility



Frog Jumps
(can also be done side to side)

