

**Green level**

Green level

**Stationary Lunge (MOBILITY) 15 REPETITIONS**

- Start w/one foot in front of other
- Lunge down by bending both knees and keeping your upper body close to vertical
- At bottom, both knees should be bent at about 90 degrees and squeeze the glute on your back leg
- Push through your front foot heel and rise out of lunge, repeat and then switch legs
- REST – 30 SECONDS then move on to PLANK

**Plank Hold/Stabilization (STABILITY)**

- Position yourself onto your forearms and toes
- Maintain alignment between neck, shoulders, hips, knees and ankles
- Help support core by squeezing your butt and bracing your abdominals (as if preparing to get punched)
- Prevent any movement and stay completely "frozen"

**Single Leg Bridge (ENDURANCE/STRENGTH)**

- Position yourself on your back and getting into a crunch position w/both knees bent
- Raise one leg straight up into the air
- Push through the heel on your ground leg, raising hips off the ground
- Keep your hips stable from side to side (keeping it from falling to your unsupported side)
- Slowly lower towards ground but do not touch, repeat and then switch legs

**Single Leg Hold/Stabilization (BALANCE)**

- Start by balancing on one leg
- Squat down slightly so your knee bends and your butt sits back
- Keep your spine "tall" by preventing your upper back from rounding
- Maintain balanced "pose" by staying as still as possible then switch legs

**Vertical Jump to Hold (POWER)**

- Start by placing your hands on your hips
- Jump up as high as possible
- Keep your landing as smooth and soft as possible and pause for 1 SECOND before you jump back up into the air



**B-1 Blue level**

B-1 Blue level

**Backwards Lunge to Balance (MOBILITY)**

- Start w/your feet together
- Step back with one foot and bend both knees, lowering yourself into a lunge
- At bottom both knees should be at about 90 degrees and squeeze your glute on your back leg
- Pushing through your front heel, rise out of lunge, standing upright and balance on one leg while bringing opposite leg in front of you
- Stance leg knee should straighten out by squeezing your butt, repeat and then switch legs

**Prone Leg Reaches (STABILITY)**

- Start by getting into a push-up position and brace your abdominals (as if preparing to get punched)
- Without moving ANY other bodypart, raise one leg off ground and move out to side
- Keep your hips and spine perfectly still while leg moves out
- Return back towards opposite leg and repeat then switch legs

**Kneeling Hip Drive (ENDURANCE/STRENGTH)**

- Position yourself on your knees with your toes pointed (shoelaces on the ground)
- Bend and reach forward as if bowing and your butt should sit back
- Straighten up, reaching up and back w/your arms, while squeezing your butt, repeat

**Single Leg Reach/Side (BALANCE)**

- Start by balancing on one leg
- W/your free leg, reach out to the side (your foot should stay about an inch off the ground)
- Reach as far as possible w/your free leg while staying balanced on your stance leg
- Stand up after you reach and repeat, then switch legs

**Box Jump Down to Hold (POWER)**

- Start by standing on a step or raised/stable surface
- Step off and "fall" into a squatted position, holding for 1 SECOND
- Your landing should be soft and quiet by bending with your hips, knees and ankles
- Step back up and repeat



**BLK-1**

BLK-1


**Turning Lunge (MOBILITY)**

- ◆ Start w/your feet together
- ◆ Step out and back in a turning direction (L foot on 12 O'clock and R foot on 3 O'clock)
- ◆ Keep your front foot forward and put most of your weight onto your stepping leg
- ◆ Push off and return back to your starting position and repeat then switch legs

**Prone Hip Drive (STABILITY)**

- ◆ Position yourself onto your forearms and toes and brace your abdominals (as if preparing to get punched)
- ◆ Pike your hips up towards the sky and your body will look like an upside down "V"
- ◆ Lower your hips down to the starting position (and squeeze your glutes) while preventing your hips or spine from sagging towards ground, repeat

**Bench Squat/Arms on Hips (ENDURANCE/STRENGTH)**

- ◆ Position yourself in front of a chair or bench w/your hands on your hips
- ◆ Squat down towards the chair and tap it with your hips
- ◆ Maintain the alignment throughout your spine and keep your knees in line with your toes
- ◆ Stand up out of the squat and repeat

**Single Leg Backwards Reach/Balance (BALANCE) NEW VID!**

- ◆ Start by balancing on one leg
- ◆ W/your free leg, reach back as far as possible, tapping the ground w/your toe
- ◆ Rise up out of the reach and bring the knee of the free leg up and in front of you
- ◆ Your stance leg should straighten out by squeezing your butt, repeat and then switch legs

**Forward Broad Jump to Hold (POWER)**

- ◆ Start by standing upright w/hands on your hips
- ◆ Jump up and forward, then land softly by absorbing w/your legs
- ◆ Hold a half-squatted position for 1 second, repeat



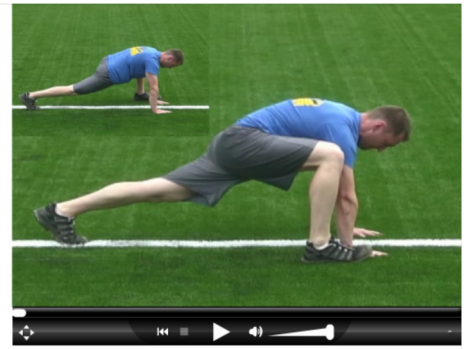


**Level2 G2 green**

2

**Alternating Spiderman (MOBILITY)**

- Start by getting into a push-up position
- Raise your R leg and place it outside of your R hand
- Your R knee should be bent at about 90 degrees and your R foot should be in line w/your hands
- Keep your L leg straight and locked out by squeezing your L butt
- Return back to push-up position and switch legs, repeat w/an ALT pattern

**NON-Alternating Climber (STABILITY)**

- Start by getting into a push-up position and brace your abdominals (as if preparing to get punched)
- Raise your R leg and move your R knee towards the space between your elbows, by bending your R knee (your knee will be close to the ground)
- Keep your hips and spine from moving
- Return back to starting position, repeat and then switch legs

**Knee Squatter**

- Stand upright w/your feet about shoulder-width apart
- Squat down by ONLY bending your knees and TRY to keep your heels on the ground
- Keep your upper body vertical (imagine standing against a wall and sliding your butt and back down the wall)
- Stand back up and repeat

**Wall Lean/Straight Leg (BALANCE)**

- Start by leaning against a wall or some other stable surface
- Keep one leg straightened out on the ground and heel down while the other leg is in the air in front of you
- Drive this knee towards the wall and your hips should follow
- BE SURE to keep your back heel on the ground and this knee straight, repeat then switch legs

**Jump Up/Box (POWER)**

- Position yourself in front of a step or some other raised stable surface
- Jump up onto the step and land softly and quietly into a half-squatted position
- Step down and repeat



**B-2**

b2

**Forward Cheerleader Lunge (MOBILITY)**

- Start upright w/your feet together and arms at your sides
- Step forward into a lunge w/both knees bending to about 90 degrees while at the same time raising both arms up and back over your head
- Squeeze your back leg glute at the bottom of the lunge
- Push off your front leg and return back to the starting position, repeat and then switch legs

**Alternating Toe Touch (STABILITY)**

- Start by getting into a push-up position and brace your abdominals (as if preparing to get punched)
- Take your R hand and touch your L toes (or as close as possible)
- Your hips should pike up and you may feel a hamstring stretch
- Return back to starting position (keep your hips from falling below the push-up position) and switch hands, then repeat

**Single Leg Alternating Diagonal Reaches (ENDURANCE/STRENGTH)**

- Start by standing on one leg
- W/your free leg, reach on a forward/LEFT diagonal (tap the ground) then return back to center
- Then reach on a forward/RIGHT (tap the ground) diagonal then return back to center
- Repeat this ALT pattern then switch legs

**Wall Lean/Bent Knee (BALANCE)**

- Start by leaning against a wall or some other stable surface
- Keep one leg straightened out on the ground and heel down and the other leg in the air in front of you
- Drive this knee towards the wall and your hips should follow (just like in straight leg) EXCEPT you bend your knee on your stance leg
- Be sure to keep your back heel on the ground, repeat then switch legs

**Vertical Jump Up/Height (POWER)**

- Stand upright w/your feet about shoulder-width apart
- Jump up as high as possible, returning to the ground with a soft and quiet landing
- Your jumps should look smooth and take place one after another without pauses, spending as little time on the ground as possible



**BLK-2**

BLK-2

 **BLK-2**
**Crossover Lunge (MOBILITY)**

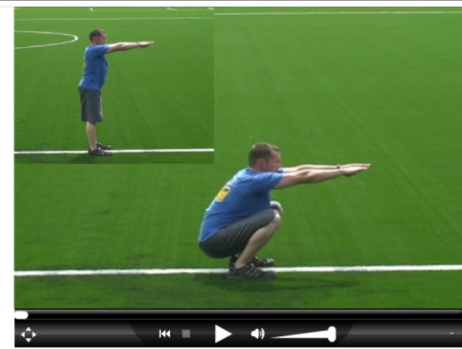
- ◆ Start by standing upright w/your feet together
- ◆ W/your R foot, step forward and to the LEFT while keeping your R foot pointing forward
- ◆ Both knees will bend as you lunge towards the ground
- ◆ Push off and stand back to the starting position
- ◆ Repeat then switch legs

**Alternating Stationary Inchworm (STABILITY)**

- ◆ Start by getting into a push-up position and brace your abdominals (as if preparing to get punched)
- ◆ 1st start by tip-toeing your feet towards your hands (your hips will pike up)
- ◆ Return to push-up position then "walk" your hands towards your feet (hips will pike again)
- ◆ Keep your hips and spine from sagging towards the ground
- ◆ Repeat this ALT pattern

**Deep Squat/Arms in Front (ENDURANCE/STRENGTH)**

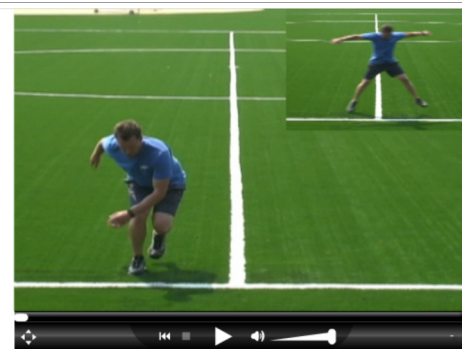
- ◆ Start by standing w/your feet a little wider than shoulder-width and your hands straight out in front of you
- ◆ Squat down as low as possible and try to get your hips ALL the way down
- ◆ Stand up out of squat and repeat

**Single Leg Forward Reach (BALANCE)**

- ◆ Start by balancing on one leg
- ◆ W/your free leg, reach as far forward and tap your heel to the ground in front of you (don't put weight on it)
- ◆ Stand back up out of this reach and repeat, then switch legs

**Skaters to Hold (POWER)**

- ◆ Start by balancing on one leg
- ◆ Leap to the opposite leg to your side as far as possible under control
- ◆ Your arms will move like a hockey player helping you jump side to side
- ◆ Land as soft as possible on a single leg (half-squatted position), then push off and jump back to your other leg
- ◆ Repeat ALT pattern





G-3

G-3

**Alternating Posterior Hip (MOBILITY)**

- Start by getting into a push-up position
- Lift your R leg off the ground, bend your R knee and place your R leg on its side underneath your torso (the side of the calf and knee should be on the ground)
- Keep your shoulders and hips parallel to the ground
- Return back to push-up position and repeat w/your L leg and continue this ALT pattern

**Prone Hip Twister (STABILITY)**

- Start by getting onto your forearms and toes (plank position) and brace your abdominals (as if preparing to get punched)
- Twist your hips and tap the R corner of your hip (R pocket) to the ground
- Straighten back out by returning to the plank position and repeat w/the opposite side, continuing the ALT pattern

**Squat and Chop (ENDURANCE/STRENGTH)**

- Start w/your feet about shoulder-width apart and your arms overhead
- Squat down and chop down w/your arms
- Your arms should be behind you at the bottom of the movement
- Rise out of the squat and your arms will reach up and back (overhead and behind you)
- At the same time your hips will move forward and BE SURE to squeeze your butt, repeat

**Single Leg Deadlift (BALANCE)**

- Start by balancing on one leg w/both arms out to the side (like letter "T") and your thumbs up
- Keep your stance leg knee slightly bent and keep it "casted" in this position throughout the exercise
- Lean forward by pivoting on your hip
- Your upper body should remain in neutral spine, your free leg should counter-balance behind you and your thumbs should still be pointing up
- Return back to an upright position and repeat, then switch legs

**Forwards and Backwards Box Jump Up/Down (POWER)**

- Position yourself in front of a step or some other raised stable surface
- Jump up onto the step and land softly and quietly into a half-squatted position
- Jump back down onto the ground, also landing softly and quietly into a half-squatted position
- Pause EACH landing for about 1 SECOND
- Repeat up and down box jumps



**B-3**

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**B-3****Spiderman/T-Rotation (MOBILITY)**

- Start by getting into a push-up position
- Raise your R leg and place it outside of your R hand (basic spiderman position)
- Your R knee should be bent and your R foot should be in line w/your hands and squeeze your L glute
- Maintain this position, now do a "T-Rotation" w/your R hand so it is pointing straight up into the air
- Place hand back down on the ground and repeat, then switch sides

**NON-Alternating T-Rotation (STABILITY)**

- Position yourself onto your forearms and toes and brace your abdominals (as if preparing to get punched)
- Maintain alignment between neck, shoulders, hips, knees and ankles
- Take your R arm and do a "T-Rotation" so it is pointing straight up into the air
- Your entire body will rotate on it's side (shoulders, hips and feet)
- Return back to starting position and repeat, then switch sides

**Alternating ISO-Bridge/Arms Overhead (ENDURANCE/STRENGTH)**

- Start by laying on your back w/your arms bent over head (elbows at 09 degrees) on the ground
- Bend your knees as if preparing to do a crunch
- Pushing through both heels, bridge your hips up in air and hold (should make a straight line between torso and thighs) and brace your abdominals (as if preparing to get punched)
- Now alternate lifting one leg in the air as if marching in place
- Maintain the alignment throughout your hips and spine preventing hip drop or hip rotation
- Repeat ALT pattern

**Single Leg Reach/Rotation (BALANCE)**

- Stand and balance on your R leg
- W/your L leg (free leg), open your hips and tap your L foot on the ground (if R foot is on 12 O'clock, L foot going to 8-6 O'clock)
- Then rotate back and past 12 O'clock to about 1-3 O'clock
- The target ranges will be determined by your hip mobility
- Repeat then switch legs





**BLK-3**

BLK-3

**BLK-3****Side Lunge/T-Rotation (MOBILITY)**

- ◆ Start by standing upright w/your feet together and arms out at your sides (like letter "T")
- ◆ Step out to side w/your R foot about 3 feet (1 meter)
- ◆ Bend your R knee and "sit back" w/your R butt while doing a "T-Rotation" and bringing your L elbow towards your R knee
- ◆ Keep your feet pointing forwards and your L leg should not bend at the knee
- ◆ Push off, standing out of lunge and repeat, then switch sides

**ALT T-Reaches (STABILITY)**

- ◆ Position yourself onto your forearms and toes and brace your abdominals (as if preparing to get punched)
- ◆ Without moving ANY other bodypart, raise one arm off ground and move out to side (should be parallel to ground)
- ◆ Keep your hips and spine perfectly still (imagine balancing a glass of water on your lower back)
- ◆ Return back underneath you (plank position) and repeat w/opposite arm and continue the ALT pattern

**Bench Squat/Arms Overhead (ENDURANCE/STRENGTH)**

- ◆ Position yourself in front of a chair or bench w/your arms locked out overhead
- ◆ Squat down towards the chair and tap it with your hips
- ◆ Maintain your alignment throughout your spine and your legs, while keeping arms straight overhead
- ◆ Stand up out of it and repeat

**Single Leg Windmill (BALANCE)**

- ◆ Start by balancing on one leg
- ◆ Squat down slightly so your knee bends and your butt sits back and hold your arms out to the sides (like letter "T")
- ◆ Now rotate your shoulders and arms while trying to tap the sides of your foot (imagine arms are frozen so movement comes as a result of turning your shoulders)
- ◆ ALT the pattern while staying balanced and in half-squatted position (not rising up and down)

**Rotary Box Jump Up/Down (POWER)**

- ◆ Position yourself on the side of a step or some other raised stable surface
- ◆ Jump up onto the step and perform a QUARTER TURN in mid air and land softly and quietly into a half-squatted position on the box
- ◆ Jump back down onto the ground w/the opposite QUARTER TURN, also landing softly and quietly into a half-squatted position (landing in the same starting position)
- ◆ Pause EACH landing for about 1 SECOND
- ◆ Repeat up and down box jumps

