

WORKOUT AT HOME

DYNAMIC WARM UP

Forward Jogging
Backward Jogging
Side Shuffles
Skipping With Backward Arm-circles
Backward Skipping
Sideways Skipping
Grapevine/Carioca
Sideways Jumping Jacks
High Kicks
Inside Touches
High Knees
Butt Kickers

20 SECONDS EACH

CORE WORKOUT

50 Sit ups per day
30 Push-ups per day
30 Lunges per day
Bicycles (6 x 30 seconds)
Front Plank – (3 x 30 seconds)

FITNESS

Sprints - Box to Box
x 10 - sprint and return with jog

No stopping -Constant small
touches of the ball
and jogging with
without stopping for 20 minutes

30-minute jogs around
the neighbourhood