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| Dryland | Time/Reps |
| **Warm Up**   * Jogging on the spot * High knees * Bum kicks * Squat and twist * Lunges with arms up * Lunge step through to arm twist * Jumping jacks | 15 seconds for each movement  = 3.5 minutes |
| **Moving Drills**   * Front toe walks * Back toe walks * Front rolls * Inch worms * Candle sticks * Twister Rolls | * Toe walks, jumps and inchworm: 3 movements x 3 * Front rolls, back rolls, candles x 3 |
| **Standing in spot drills**   * Hands on hips jump * Standing ready position * Standing snap * Front jumps without arm swing * Back jumps without arm swing * TI jumps | * Each drill x 5 * Holds x 10 seconds |
| **Core**   * Tuck hold * Pike hold * Hollow body hold * Snap to hollow body hold * Back hollow body hold * Half tuck kick out * Full tuck kick out * Tuck to pike kick outs | Each drill x 5  Holds x 10 seconds |