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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
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| **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
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| **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 5Holds x 10 seconds |