

Stage 3 & Stage 4 (U13-U19)

Workout D

- 1 minute single leg hop over rope/ 2 minute wall sit
 - 2 sets
- 20 alternating lunge explosions/ 1 minute alternating T plank
 - 3 sets
- 20 power squats/ 1 minute bridge lift
 - 3 sets
- 20 push ups/20 sits ups/ 20 dips on a chair
 - 3 sets
- 9 minutes of Yoga to include the following poses (45 seconds to 1 minute per pose):
 - Tree pose with right and left leg
 - Warrior 1
 - Warrior 2
 - Warrior 3
 - Chair pose
 - Downward dog pose
 - Child's pose
 - Bow pose.

