

STANDING

Russian Twist

Diagonal Chops
- tight at hip
- rotate to knee
- outside ankle

Around The World

Overhead Chops

Single Leg Diagonal Chops

Dynamax Squat

Zercher Squat

Forward / Backward Lunge

Singel Leg ¼ Squat
-straight arms /w ball in front
- drive hips

Head Wraps

Overhead Lateral Flexion

Shoulder Press

Thruster

Floor To Ceiling

Bus Driver

Modified Discus

Ball Squeeze (Chest)
- 20 seconds timed

Ball Squeeze (Overhead)
- 20 seconds timed

SEATED

Seated Russian Twist

Seated Punches

Plank (Top Push-Up)

Plank
- Alternating R&L Leg Raise

Single Arm Plank (Top Push-Up)

Top Push-Up Ball Pass

Partner Torso
- Hand Punches
- Side Throw (Aim At Ears)
- Overhead Throw

WALL TOSS

Two Arms Overhead

Shot Put Side Wall Throw
- ball at shoulder height

Side Toss
- two handed throw from hip

One Step Overhead Wall Toss

Wall Ball Squat + Toss

Kneeing Overhead Toss

Kneeling Side Toss

MOVEMENT

Overhead Slams

Granny Toss

Overhead Keg Toss

Forward Lunge Partner Toss

Backward Lunge Partner Toss

Double Leg Bound Partner Toss

Traveling Lunge + Swing Punch
- rotate and punch to lead leg

Lunge Walk Diagonal Chop
- chop down lead leg only

Duck Walk Horizontal Press

Duck Walk Triceps Press