|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Mobility |  |  |  |  |  |  |
| **Exercise** | Time on |  |  |  |  |  |
| Step/Box Spine Drops | 2-3 mins |  |  |  |  |  |
| Forward lean. 90° shoulder extensions | 2-3 mins |  |  |  |  |  |
| Broom Extensions | 2-3 mins |  |  |  |  |  |
| Floor Angels | 2-3 mins |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Upper Body | **Competitive** | | | **Development** | | |
| **Exercise** | **Reps** | **Rest** | **Sets** | **Reps** | **Rest** | **Sets** |
| Press Up's | 25 | 1 min | 4 | 15 | 1 min | 4 |
| Tricep Dips | 12 | 1 min | 3 | 8 | 1 min | 3 |
| Plank Rolls | 8 | 1 min | 3 | 5 | 1 min | 3 |
| Power Press to Half Stand | 10 | 1 min | 3 | 8 | 1 min | 3 |
| Tricep Press | 8 | 1 min | 3 | 6 | 1 min | 3 |
| Lateral Shoulder Raises | 12 | 1 min | 3 | 8 | 1 min | 3 |
| Hand Release Burpees | 12 | 1 min | 3 | 8 | 1 min | 3 |
| T shape rotations (2 sets forwards, 2 sets backwards) | 25 | 1 min | 4 | 25 | 1 min | 4 |
| X 1 Round  Home Workout Plan (Day 2)   |  |  |  |  | | --- | --- | --- | --- | | Mobility |  |  |  | | **Exercise** | Time on |  |  | | Step/Box Spine Drops | 2-3 mins |  |  | | Forward lean. 90° shoulder extensions | 2-3 mins |  |  | | Broom Extensions | 2-3 mins |  |  | | Floor Angels | 2-3 mins |  |  | |  |  |  |  | |  |  |  |  | | Upper Body | **Set** | | | | **Exercise** | **Reps** | **Rest** | **Sets** | | Press Up's | 25 | 1 min | 4 | | Tricep Dips | 12 | 1 min | 3 | | Plank Rolls | 8 | 1 min | 3 | | Power Press to Half Stand | 10 | 1 min | 3 | | Tricep Press | 8 | 1 min | 3 | | Lateral Shoulder Raises | 12 | 1 min | 3 | | Hand Release Burpees | 12 | 1 min | 3 | | T shape shoulder rotations | 25 | 1 min | 4 | | X 1 Round |  |  |  | |  |  |  |  |  |  |