|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 30 | 1 min | 4 | 20 | 1 min | 4 |
| Tricep Dips | 16 | 1 min | 3 | 12 | 1 min | 3 |
| Plank Rolls | 10 | 1 min | 3 | 8 | 1 min | 3 |
| Power Press to Half Stand | 10 | 1 min | 3 | 8 | 1 min | 3 |
| Tricep Press | 10 | 1 min | 3 | 8 | 1 min | 3 |
| Lateral Shoulder Raises | 16 | 1 min | 3 | 12 | 1 min | 3 |
| Hand Release Burpees | 20 | 1 min | 3 | 15 | 1 min | 3 |
| T shape rotations (2 sets forwards, 2 sets backwards) | 30 | 1 min | 4 | 30 | 1 min | 4 |
|  X 1 Round |  |  |  |  |  |  |

Session 2, Cycle 3