

PHASE-1

EXERCISES	REPETITIONS
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Back Lunge To Knee Jumps	10x each leg
Skater Jumps	10x
Squat Tuck Jumps	10x
Single Leg Glute Bridge With Wall	10x each leg

4X

Arm/Leg Raise Push-Ups	10x
Wall Slides	10x

4X

Medicine Ball Slams	10x
Band Lateral Raises	10x

4X

Bicycles Sit-Ups	30 sec.
Plank Hold	30 sec.

4X

PHASE-2

EXERCISES	REPETITIONS
Jump Lunges	10x
Side Lunges	10x
Single Leg Tuck Jumps	5x each leg
Single Leg Glute Bridge	10x each leg
4X	
Dive Bomber Push Ups	10x
Band Pull Apparts	10x
4X	
Medicine Ball Rotational Slams	10x
Back Extensions	10x
4X	
Medicine Ball Sit-Up Throws	10x
Medicine Ball Twists	20x
4X	

PHASE-3

EXERCISES	REPETITIONS
Back Lunge To Teep	5x each leg
Foward Lunge To Back Kick	5x each leg
Skater Jump To Single Leg Plank	10x
Swiss Ball Single Leg Curl	10x each leg
4X	
Medicine Ball Plyo Push Ups	10x
Band Bent Over Reverse Fly	10x
4X	
Sit Outs	10x
Scorpions	10x
4X	
Swiss Ball Knee In And Out	10x
Swiss Ball Elbow From The Guard	20x
4X	