



Legs & Core

Jump squats with TRX - 15

Step ups on step, with knee raise – 15 each leg

Walking lunges – 2 lengths of doubles court

Hamstring curls with ball - 15

Side lunges with pole – 15 each leg

Plank Shoulder touches – 15 each shoulder (30 total)

Push Ups – 15

Toe touches – 15

Sit Ups – 15

Russian Twists – 15 each side (30 total)

3 minute break

Repeat to complete 3 sets