

## **Warm-up**

1. Ankle 30
2. Knee lifts 30
3. Heels-up 30
4. Jumping jacks 10 x 8
5. Head rotation CW x 10, CCW x 10
6. Arm rotation forward x 10, backward x 10
7. Wrist rotation CW x 10, CCW x 10
8. Trunk rotation CW x 10, CCW x 10
9. Hip rotation CW x 10, CCW x 10
10. Hip external rotation 10 (both sides)
11. Hip internal rotation 10 (both sides)
12. Heel-toe raises 10

## **Bodyweight exercises**

1. Push-ups (various hand positions) 3 x 10
2. Squats (double- and single-leg) 3 x 10
3. Lunges (with twist) 3 x 10
4. Dive bombers 3 x 10
5. Slip-outs 3 x 10
6. Crunches 3 sets (maximum)
7. Bridge (various positions) 1 x 1-2 min

## **Cool-down**

1. Calf stretch
2. Hamstring stretch
3. Quadriceps stretch

4. Glutes stretch
5. Side trunk stretch
6. Lower back stretch
7. Abdominal stretch
8. Chest stretch
9. Lat stretch
10. Shoulder stretch
11. Biceps/ triceps stretch
12. Neck stretch