

CONDITIONING IDEAS

- 10 Lunges
- Run for 2 minutes
- 25 Crunches
- 10 Push Ups
- 1 Minute Wall Sit
- 15 Jumping Jacks
- 15 High Knees
- 10 Frog Jumps
- 10 Mountain Climbers
- 10 Squats
- 10 Burpees
- 20 Tricep Dips
- 30 Russian Twists
- 15 Jump Lunges
- 15 Jump Squats
- 30 Second Side Plank- right
- 30 Second Side Plank- Left
- 15 Tuck Jumps
- 30 Bicycle Crunches
- 45 Second Plank
- 30 Arm Circles
- 20 Flutter Kicks
- 40 Calf Raises
- 25 Wall Push Ups

HOW TO USE:

- Go through the list
- Write all of these down on pieces of paper and draw one piece out at a time
- Close your eyes and pick a random one
- Feel free to add your own!

**Don't forget
to warm up!**

