

# SUPERMAN HOLD

**Station Number**

**Time**



Start by laying on your stomach. Bring your legs up behind you and your arms up in front of you, raising your chest off the ground. Hold for the time allotted.

**TYPE: CORE**

**@PEBYMRE**

# STAR JACKS

**Station Number**



**Number of Reps**

Similar to a jumping jack, start with your knees bent, back slightly bent, and arms in front of you. Quickly jump with your feet side and arms out making a star shape with your body. Return to starting position.

**TYPE: FULL BODY**

**@PEBYMRE**

# SWIMMERS

**Station Number**

**Number of Reps**



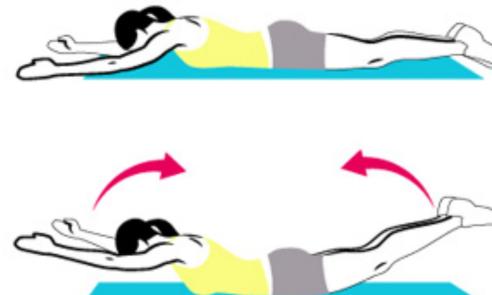
Start by lying down on your stomach. Bring your LEFT leg up at the same time as your RIGHT arm. Switch to bring your RIGHT leg up at the same time as your LEFT arm. Repeat as if you are swimming.

**TYPE: CORE**

**@PEBYMRE**

# SUPERMANS

**Station Number**



**Number of Reps**

Start by lying down on your stomach with your arms stretched out in front of you. Slowly bring your arms and legs up together, arching your back, and down again slowly.

**TYPE: CORE**

**@PEBYMRE**

# TUCK JUMPS

**Station  
Number**



**Number  
of Reps**

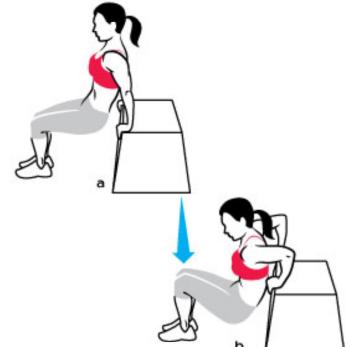
Start in a standing position. Bend your knees and jump as high as you can. As you jump, try to quickly tuck your knees into your chest before you land.

**TYPE: LOWER BODY**

**@PEBYMRE**

# TRICEP DIPS

**Station  
Number**



**Number  
of Reps**

Sit on a bench with your arms straight and palms down, holding the edge of the bench. Slowly lower your body to the floor with your arms. Push back up to the starting position.

**TYPE: UPPER BODY**

**@PEBYMRE**

# AIR JUMP ROPE

**Station  
Number**



**Number  
of Reps**

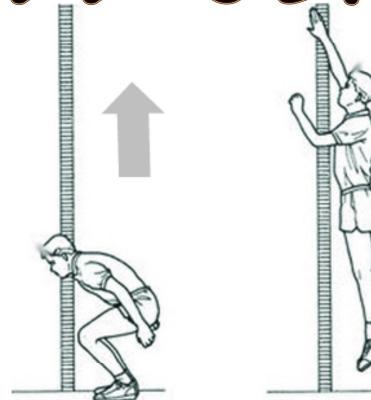
Pretend to jump rope for the number of reps above. (Include any tricks you can do if possible)

**TYPE: FULL BODY/CARDIO**

**@PEBYMRE**

# WALL JUMPS

**Station  
Number**



**Number  
of Reps**

Start standing next to a wall with your shoulder facing the wall. Bend your knees and jump as high as you can and touch the wall as far up as you can. Land softly and repeat.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BENCH JUMPS

**Station  
Number**



**Number  
of Reps**

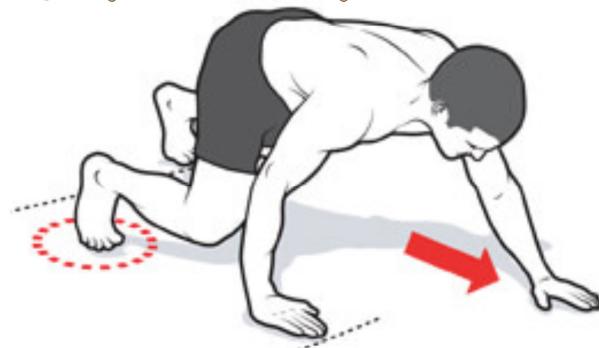
Start standing beside a bench. Place both hands on the bench and then jump over the bench with both legs. Land on the other side and jump back over to the other side.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BEAR WALK

**Station  
Number**



**Number  
of Reps**

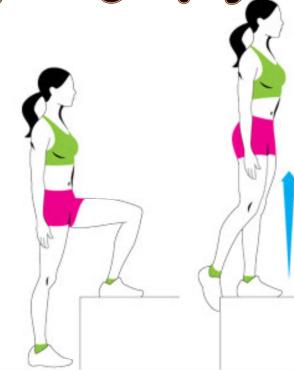
Start with your hands on the floor over your shoulders, knees bent 90 degrees under your hips. Slowly move your RIGHT hand and LEFT leg (keep your knee bent) forward in a small step. Repeat with your LEFT hand and RIGHT leg.

**TYPE: CORE**

**@PEBYMRE**

# BENCH STEP-UPS

**Station  
Number**



**Number  
of Reps**

Start by standing in front of a bench. Step up with your RIGHT leg onto the bench and stand up tall. Step down off the bench. Step up with your LEFT leg onto the bench and stand up tall. Step down off bench.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BENCH PUSHUPS

**Station  
Number**



**Number  
of Reps**

Using a bench, get into the pushup position, with your hands below your shoulders touching the ground and your toes on the bench. Bend your elbows until you are just off the ground and then push back up.

**TYPE: UPPER BODY**

**@PEBYMRE**

# BICYCLE CRUNCHES

**Station  
Number**



**Number  
of Reps**



Start by lying on your back and in a CRUNCH/CURL-UP position. Stretch your legs in front of you off the ground and begin to pretend you are peddling a bicycle. At the same time, rotate your upper body side to side.

**TYPE: CORE**

**@PEBYMRE**

# BICEP CURLS

**Station  
Number**



**Number  
of Reps**

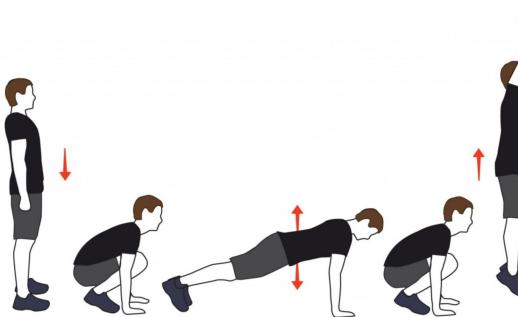
Using a theraband, step on the middle, while holding the handles. Start with your arms bent at the elbow and release down to your feet. Curl your arms up to your shoulders and slowly down your feet again.

**TYPE: UPPER BODY**

**@PEBYMRE**

# BURPEES

**Station  
Number**



**Number  
of Reps**

Start standing up, squat down into a pushup position, then squat up and jump high in the air.

**TYPE: FULL BODY**

**@PEBYMRE**

# BRIDGE

**Station  
Number**



**Time**

Laying on the ground, bend your knees, lift your hips up with your arms flat on the ground. Reach your belly button as high as you can and hold, squeezing your GLUTE MUSCLES. Hold for the number of seconds.

**TYPE: CORE**

**@PEBYMRE**

# COBRA

**Station  
Number**

**Time**



Lying on your stomach, bring your legs slightly off the ground while bringing your arms up and behind your shoulders. Squeeze your ABDOMEN MUSCLES (ABS) and hold this position. RELAX and REPEAT.

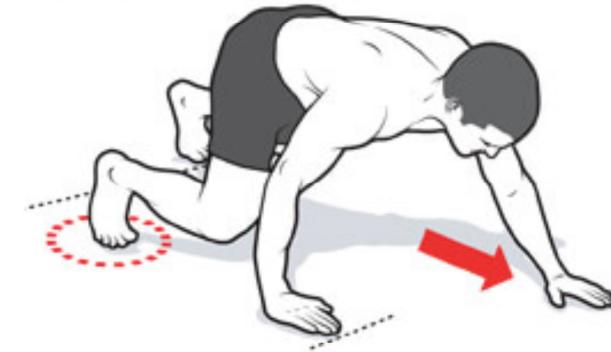
**TYPE: CORE**

**@PEBYMRE**

# BEAR WALK

**Station  
Number**

**Number  
of Reps**



Start with your hands on the floor over your shoulders, knees bent 90 degrees under your hips. Slowly move your RIGHT hand and LEFT leg (keep your knee bent) forward in a small step. Repeat with your LEFT hand and RIGHT leg.

# BUTT KICKERS

**Station  
Number**

**Number  
of Reps**



Slowly jogging, kick one foot back and bend your knee to try and kick your butt. Repeat with the opposite foot.

**TYPE: LOWER BODY**

**@PEBYMRE**

# AIR JUMP ROPE

**Station  
Number**

**Number  
of Reps**



Pretend to jump rope for the number of reps above. (Include any tricks you can do if possible)

**TYPE: FULL BODY/CARDIO**

**@PEBYMRE**

# BENCH PUSHUPS

**Station  
Number**



**Number  
of Reps**

Using a bench, get into the pushup position, with your hands below your shoulders touching the ground and your toes on the bench. Bend your elbows until you are just off the ground and then push back up.

**TYPE: UPPER BODY**

**@PEBYMRE**

# BENCH JUMPS

**Station  
Number**



**Number  
of Reps**

Start standing beside a bench. Place both hands on the bench and then jump over the bench with both legs. Land on the other side and jump back over to the other side.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BICEP CURLS

**Station  
Number**



**Number  
of Reps**

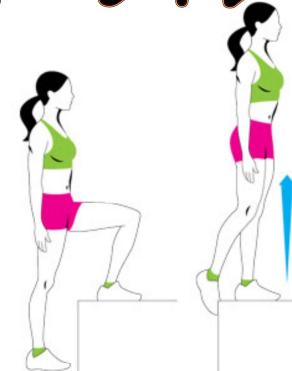
Using a theraband, step on the middle, while holding the handles. Start with your arms bent at the elbow and release down to your feet. Curl your arms up to your shoulders and slowly down your feet again.

**TYPE: UPPER BODY**

**@PEBYMRE**

# BENCH STEP-UPS

**Station  
Number**



**Number  
of Reps**

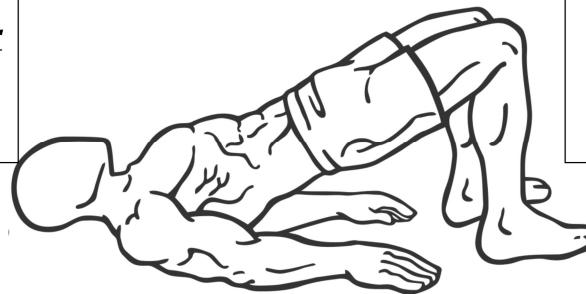
Start by standing in front of a bench. Step up with your RIGHT leg onto the bench and stand up tall. Step down off the bench. Step up with your LEFT leg onto the bench and stand up tall. Step down off bench.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BRIDGE

**Station  
Number**



**Time**

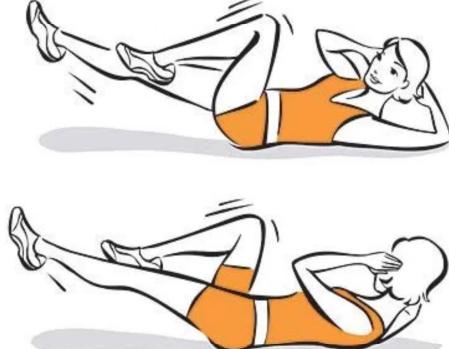
Laying on the ground, bend your knees, lift your hips up with your arms flat on the ground. Reach your belly button as high as you can and hold, squeezing your GLUTE MUSCLES. Hold for the number of seconds.

**TYPE: CORE**

**@PEBYMRE**

# BICYCLE CRUNCHES

**Station  
Number**



**Number  
of Reps**

Start by lying on your back and in a CRUNCH/CURL-UP position. Stretch your legs in front of you off the ground and begin to pretend you are peddling a bicycle. At the same time, rotate your upper body side to side.

**TYPE: CORE**

**@PEBYMRE**

# BUTT KICKERS

**Station  
Number**



**Number  
of Reps**

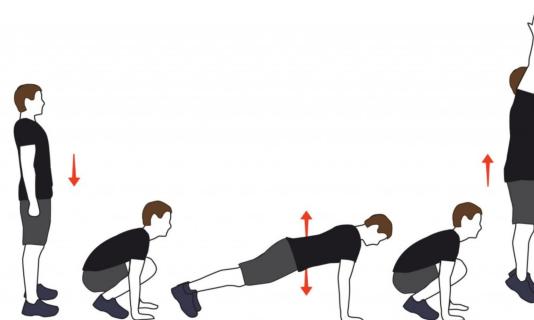
Slowly jogging, kick one foot back and bend your knee to try and kick your butt. Repeat with the opposite foot.

**TYPE: LOWER BODY**

**@PEBYMRE**

# BURPEES

**Station  
Number**



**Number  
of Reps**

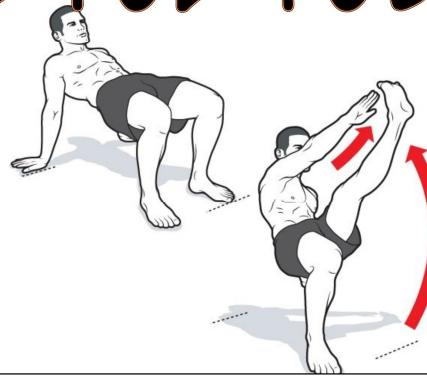
Start standing up, squat down into a pushup position, then squat up and jump high in the air.

**TYPE: FULL BODY**

**@PEBYMRE**

# CRAB TOE TOUCHES

**Station  
Number**



**Number  
of Reps**

Start in a crab walk position with your hands behind your shoulders, stomach up, and legs bent in front of you. Bring your LEFT leg up to touch your RIGHT hand and bring your leg down again. Repeat with RIGHT leg touching LEFT hand.

**TYPE: CORE**

**@PEBYMRE**

# COBRA

**Station  
Number**



**Time**

Lying on your stomach, bring your legs slightly off the ground while bringing your arms up and behind your shoulders. Squeeze your ABDOMEN MUSCLES (ABS) and hold this position. RELAX and REPEAT.

**TYPE: CORE**

**@PEBYMRE**

# DEAD BUG

**Station  
Number**



**Number  
of Reps**



Lying on your back, bend your knees to 90 degrees with your arms straight out above your shoulders. Straighten one leg without it touching the ground and straighten the opposite arm behind your head. Back to start, repeat with other leg and arm.

**TYPE: CORE**

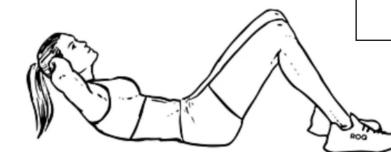
**@PEBYMRE**

# CRUNCHES

**Station  
Number**



**Number  
of Reps**



Start with arms behind your ears, your back on the ground, and your knees bent. Bring your body up halfway towards your knees then go back down. Have someone hold your feet if necessary.

**TYPE: CORE**

**@PEBYMRE**

**Station  
Number**

**Time**

**TYPE:**

**@PEBYMRE**

**Station  
Number**

**Number  
of Reps**

**TYPE:**

**@PEBYMRE**

# FROG JUMPS

**Station  
Number**

**Number  
of Reps**



Start in a standing position. Bend your knees low, swing your arms and jump forward. Land on both feet, cushioning your landing by bending your knees.

**TYPE: LOWER BODY**

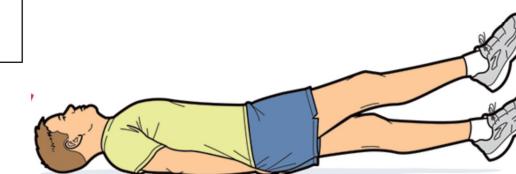
**@PEBYMRE**

# FLUTTER KICKS

**Station  
Number**

**Number  
of Reps**

**Time**



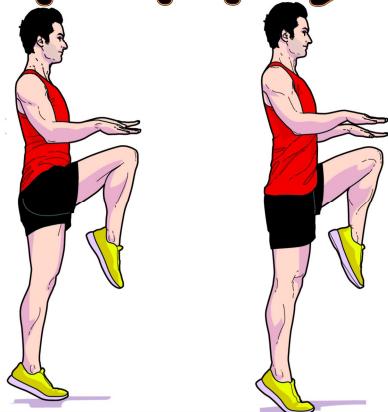
Start by lying down with your back flat, with your hands under your butt. Raise your legs opposite of each other up and down slowly, pretending you are slowly swimming backwards.

**TYPE: CORE**

**@PEBYMRE**

# HIGH KNEES

**Station  
Number**



**Number  
of Reps**

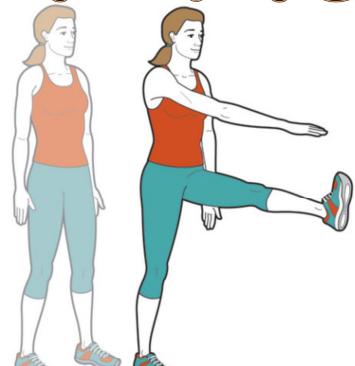
Slowly jogging, with your hands at waist level, bend your knee and bring it up to your hands as quickly as you can. Repeat with the opposite knee.

**TYPE: LOWER BODY**

**@PEBYMRE**

# HIGH KICKS

**Station  
Number**



**Number  
of Reps**

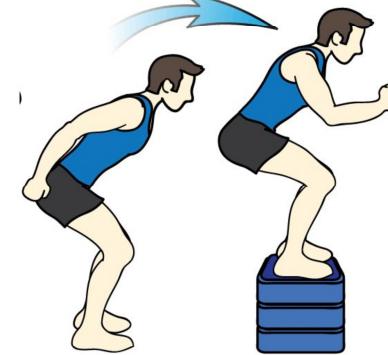
Start standing with feet shoulder width apart. Keeping your balance, kick out **RIGHT LEG** to meet your **LEFT HAND** and relax. Repeat kicking out your **LEFT LEG** to meet your **RIGHT HAND**. Relax and repeat.

**OLV PHYS. ED.**

**@PEBYMRE**

# JUMP UPS

**Station  
Number**



**Number  
of Reps**

Start standing in front of a bench or mat. Bend your knees and jump up with two feet and land with two feet on the bench or mat. Jump back down, landing on two feet. Repeat.

**TYPE: LOWER BODY**

**@PEBYMRE**

# JOGLAPS

**Station  
Number**



**Number  
of Reps**

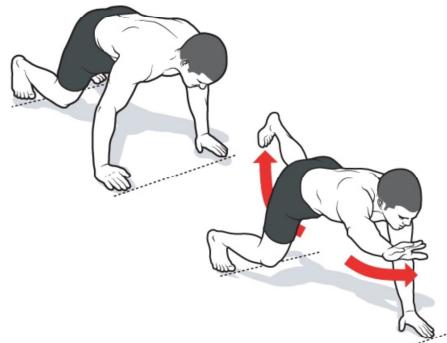
In a clockwise direction, around the **RED LINES**, jog at a slow to medium pace or one-quarter to one-half your fastest speed.

**TYPE: CARDIO**

**@PEBYMRE**

# KICKBACKS

**Station  
Number**



**Number  
of Reps**

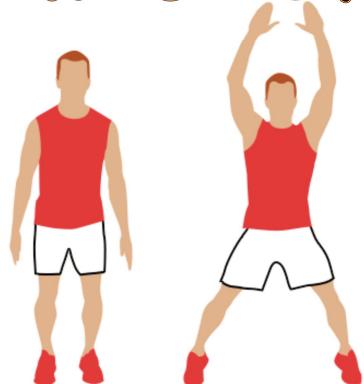
Start in a pushup position. Extend your **RIGHT** arm in front of you and your **LEFT** leg behind. Slowly bring them back to start. Repeat by extending your **LEFT** arm in front and your **RIGHT** leg behind.

**TYPE: CORE**

**@PEBYMRE**

# JUMPING JACKS

**Station  
Number**



**Number  
of Reps**

Start in standing position. At the same time, jump your feet apart wide and bring your arms above your head. Return to standing position. Repeat.

**TYPE: FULL BODY**

**@PEBYMRE**

# KNEES TO ELBOWS

**Station  
Number**



**Number  
of Reps**

**ONE REP** = Bring your **RIGHT ELBOW** down to meet your **LEFT KNEE**. Then bring your **LEFT ELBOW** down to meet your **RIGHT KNEE**.

**TYPE: CORE**

**@PEBYMRE**

# KNEE PULL-INS

**Station  
Number**



**Number  
of Reps**

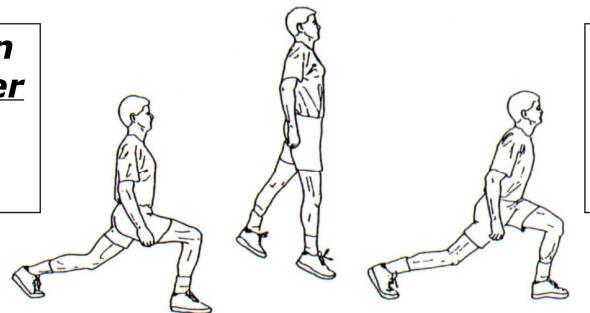
Start by sitting with your hands behind your hips. Keeping your legs and feet off the ground, slowly bring your knees into your chest. Slowly straighten your legs out.

**TYPE: CORE**

**@PEBYMRE**

# LUNGE JUMPS

**Station  
Number**



**Number  
of Reps**

Start by getting into a lunge on one side of your body. Explode up by jumping as high as you can and then going back down into a lunge on the other side of your body.

**TYPE: LOWER BODY**

**@PEBYMRE**

# LEG RAISES

**Station  
Number**

**Number  
of Reps**



Start by lying down with your back flat, with your hands under your butt. Raise both legs up together slowly and then slowly bring them back down together.

**TYPE: CORE**

**@PEBYMRE**

# MOUNTAIN CLIMBERS

**Station  
Number**



**Number  
of Reps**

Start with your arms below your shoulders, with only your hands and toes touching the ground. Bend one knee and bring that knee forward quickly without touching the ground. Return to start position and repeat with other leg.

**TYPE: FULL BODY**

**@PEBYMRE**

# LUNGES

**Station  
Number**



**Number  
of Reps**

Start in a standing position, hands on your hips. Then put one foot forward, bending your knee. Bring your other foot forward to meet it in a standing position. Repeat with other leg.

**TYPE: LOWER BODY**

**@PEBYMRE**

# PLANK REACH

**Station Number**



**A**

**Number of Reps**



**B**

Start in a plank position on your elbows. Keep your back straight, toes on the floor, abdomen tight, and hips up. Reach out your **RIGHT** arm straight out without twisting, then bring it back. Repeat with your **LEFT** arm. Stay stable.

**TYPE: CORE**

**@PEBYMRE**

# CROSS CLIMBER TAPS

**Station Number**

**Number of Reps**



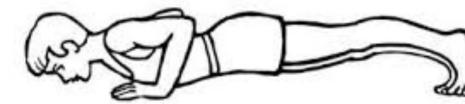
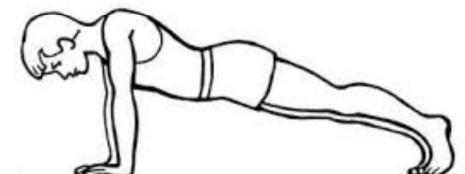
Start in a **MOUNTAIN CLIMBER** position. Bring your **RIGHT** knee up and tap your **RIGHT** foot with your **LEFT** hand. Repeat with **LEFT** leg and **RIGHT** hand.

**TYPE: CORE**

**@PEBYMRE**

# PUSHUPS

**Station Number**



**Number of Reps**

Start with your arms below your shoulders, with only your hands and toes touching the ground. slowly bend your arms, lower your body just above the ground, and then push back up. Repeat.

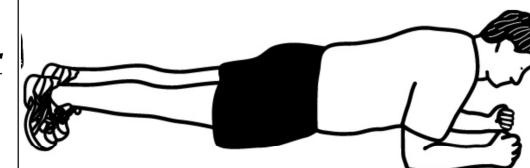
**TYPE: UPPER BODY**

**@PEBYMRE**

# PLANK

**Station Number**

**Number of Reps**



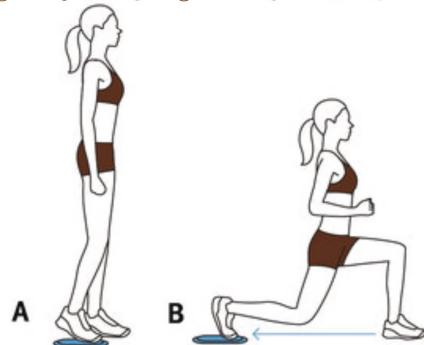
Start with only your toes and your forearms (elbows to wrists) on the ground. Keep your back straight (like a table), your butt down, and hold (do not move) for the amount of time given.

**TYPE: CORE**

**@PEBYMRE**

# REVERSE LUNGES

**Station  
Number**



**Number  
of Reps**

Start standing up straight, feet shoulder width apart. Step back with one leg, bending at the knee until your knee is just off the ground, then stand up. Repeat with the opposite knee.

**TYPE: LOWER BODY**

**@PEBYMRE**

# REST

**Station  
Number**



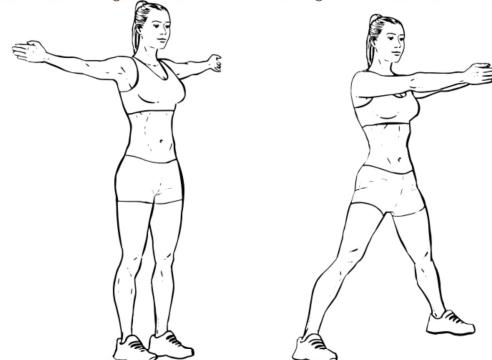
Take a rest break by getting a drink of water or stretching a bit.

**TYPE: REST**

**@PEBYMRE**

# SEAL JACKS

**Station  
Number**



**Number  
of Reps**

Seal Jacks are similar to **Jumping Jacks** except you put your arms out to the side with your feet together, jump and bring your arms together with your feet out wide, and then go back to the starting position.

**TYPE: FULL BODY**

**@PEBYMRE**

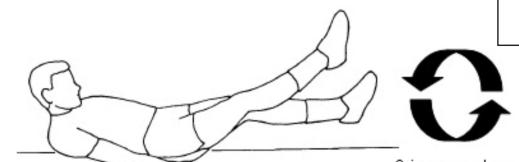
# SCISSOR KICKS

**Scissor Kick**

**Station  
Number**



**Number  
of Reps**



Criss-cross legs

Start by lying down with your back flat, with your hands under your butt. Raise your legs opposite of each other up and criss-cross one leg over the other leg (RIGHT leg over LEFT leg), then switch (LEFT leg over RIGHT leg).

**TYPE: CORE**

**@PEBYMRE**

# SHOULDER TAP & PUSHUP

**Station Number**



**Number of Reps**



Start in a PUSHUP position. Go down into a full PUSHUP and then come back up to do a shoulder tap on with your **RIGHT** hand on your **LEFT** shoulder. Repeat with **LEFT** hand on **RIGHT** shoulder.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SHOULDER PRESS

**Station Number**



**Number of Reps**

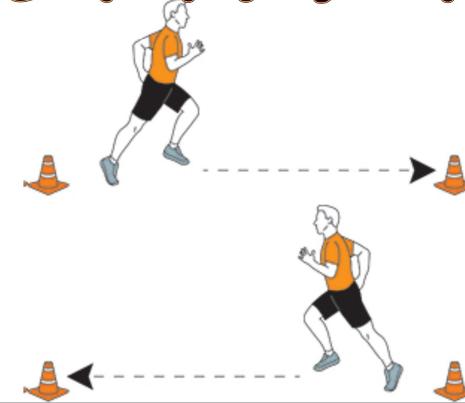
Start with your shoulders over your hands, standing on the balls of your feet, leaning forward slightly. Slowly bring your arms down and then push your body back up into start position. REPEAT.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SHUTTLE RUN

**Station Number**



**Number of Reps**

Start at a line or a cone designating the length you will run. Run to the other line or cone, touch it, and run back to the start.

**TYPE: LOWER BODY/CARDIO**

**@PEBYMRE**

# SHOULDER TOUCHES

**Station Number**



**Number of Reps**



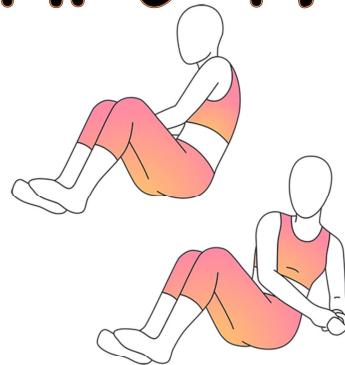
Start in a pushup position, with your arms under your shoulders touching the ground and your toes on the ground. **ONE REP** = Bring your **RIGHT** HAND to touch your **LEFT** SHOULDER. Repeat with bringing your **LEFT** HAND to touch your **RIGHT** SHOULDER.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SITTING TWISTS

**Station  
Number**



**Number  
of Reps**

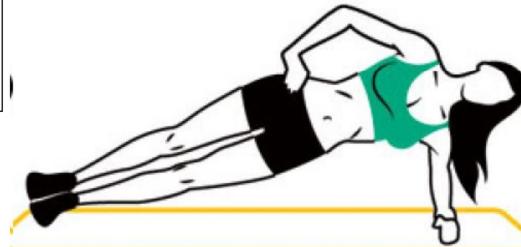
Sit down with your knees bent, back straight, and feet slightly off the ground. With your hands together and keeping your back straight, twist your upper body to the RIGHT, then back to the LEFT. REPEAT.

**TYPE: CORE**

**@PEBYMRE**

# SIDE PLANK

**Station  
Number**



**Number  
of Reps**

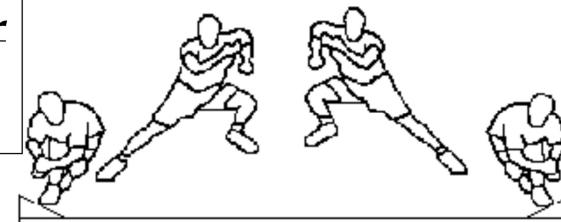
Start by doing a plank on your RIGHT side. Start plank by balancing on your arm and the side of your foot. Hold for the allotted time. Switch onto your LEFT side and repeat.

**TYPE: CORE**

**@PEBYMRE**

# SKATER HOPS

**Station  
Number**



**Number  
of Reps**

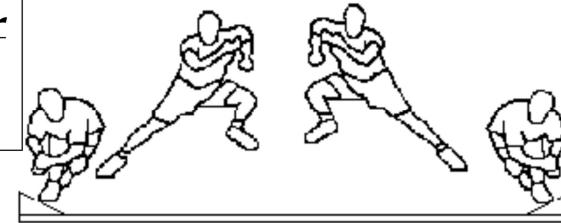
Start by hopping sideways as far as you can off of your RIGHT foot and landing on your LEFT foot. Repeat this by hopping off your LEFT foot as far as you can and landing on your RIGHT foot.

**TYPE: LOWER BODY**

**@PEBYMRE**

# SKATER HOPS

**Station  
Number**



**Number  
of Reps**

Start by hopping sideways as far as you can off of your RIGHT foot and landing on your LEFT foot. Repeat this by hopping off your LEFT foot as far as you can and landing on your RIGHT foot.

**TYPE: LOWER BODY**

**@PEBYMRE**

# SPIDERMAN PUSHUP

**Station  
Number**



**Number  
of Reps**

Start in a PUSHUP position (A). As you go down into a pushup, bend your RIGHT leg and touch your RIGHT knee to your RIGHT elbow (B). Push back up, repeat with LEFT side.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SPIDERMAN PUSHUP

**Station  
Number**



**Number  
of Reps**

Start in a PUSHUP position (A). As you go down into a pushup, bend your LEFT leg and touch your LEFT knee to your LEFT elbow (B). Push back up, repeat with RIGHT side.

**TYPE: UPPER BODY**

**@PEBYMRE**

# STAR JACKS

**Station  
Number**



**Number  
of Reps**

Similar to a jumping jack, start with your knees bent, back slightly bent, and arms in front of you. Quickly jump with your feet side and arms out making a star shape with your body. Return to starting position.

**TYPE: FULL BODY**

**@PEBYMRE**

# SQUAT JUMPS

**Station  
Number**



**Number  
of Reps**

Start with a squat position (A) and then jump up as quickly and powerfully as you can (B). Then land back in a squat position (A).

**TYPE: LOWER BODY**

**@PEBYMRE**

# SUPERMANS

**Station Number**



**Number of Reps**



Start by lying down on your stomach with your arms stretched out in front of you. Slowly bring your arms and legs up together, arching your back, and down again slowly.

**TYPE: CORE**

**@PEBYMRE**

# SUPERMAN HOLD

**Station Number**

**Time**



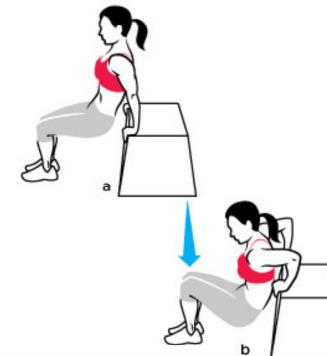
Start by laying on your stomach. Bring your legs up behind you and your arms up in front of you, raising your chest off the ground. Hold for the time allotted.

**TYPE: CORE**

**@PEBYMRE**

# TRICEP DIPS

**Station Number**



**Number of Reps**

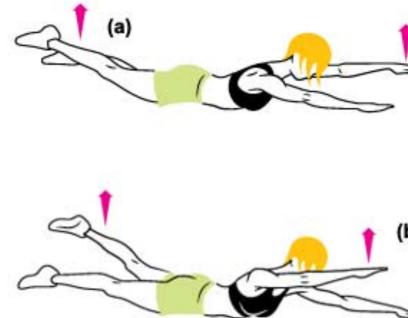
Sit on a bench with your arms straight and palms down, holding the edge of the bench. Slowly lower your body to the floor with your arms. Push back up to the starting position.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SWIMMERS

**Station Number**



**Number of Reps**

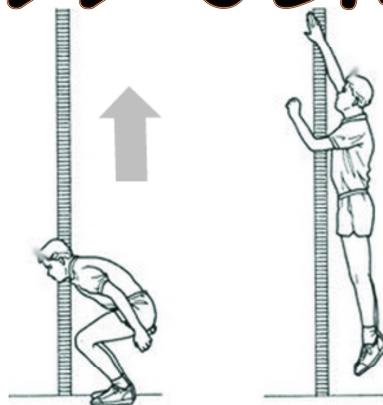
Start by lying down on your stomach. Bring your LEFT leg up at the same time as your RIGHT arm. Switch to bring your RIGHT leg up at the same time as your LEFT arm. Repeat as if you are swimming.

**TYPE: CORE**

**@PEBYMRE**

# WALL JUMPS

**Station  
Number**



**Number  
of Reps**

Start standing next to a wall with your shoulder facing the wall. Bend your knees and jump as high as you can and touch the wall as far up as you can. Land softly and repeat.

**TYPE: LOWER BODY**

**@PEBYMRE**

# TUCK JUMPS

**Station  
Number**



**Number  
of Reps**

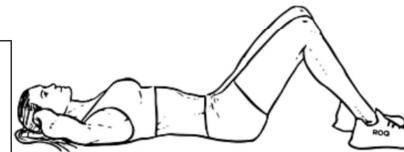
Start in a standing position. Bend your knees and jump as high as you can. As you jump, try to quickly tuck your knees into your chest before you land.

**TYPE: LOWER BODY**

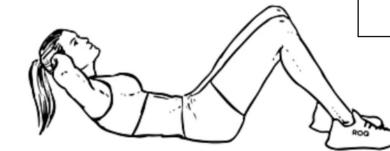
**@PEBYMRE**

# CRUNCHES

**Station  
Number**



**Number  
of Reps**



Start with arms behind your ears, your back on the ground, and your knees bent. Bring your body up halfway towards your knees then go back down. Have someone hold your feet if necessary.

**TYPE: CORE**

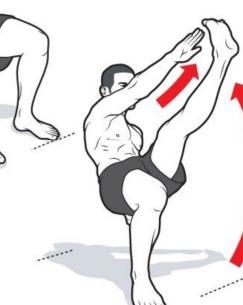
**@PEBYMRE**

# CRAB TOE TOUCHES

**Station  
Number**



**Number  
of Reps**



Start in a crab walk position with your hands behind your shoulders, stomach up, and legs bent in front of you. Bring your LEFT leg up to touch your RIGHT hand and bring your leg down again. Repeat with RIGHT leg touching LEFT hand.

**TYPE: CORE**

**@PEBYMRE**

**Station  
Number**

**Number  
of Reps**

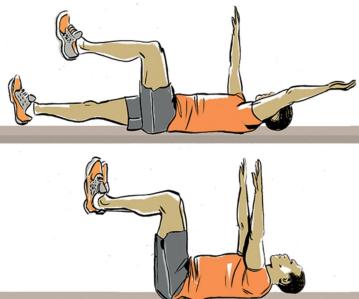
**TYPE:**

**@PEBYMRE**

# DEAD BUG

**Station  
Number**

**Number  
of Reps**



Lying on your back, bend your knees to 90 degrees with your arms straight out above your shoulders. Straighten one leg without it touching the ground and straighten the opposite arm behind your head. Back to start, repeat with other leg and arm.

**TYPE: CORE**

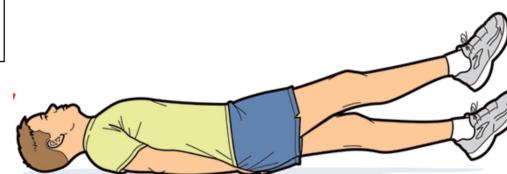
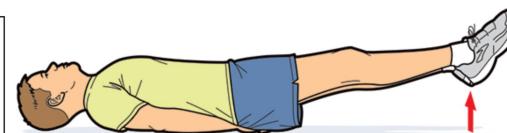
**@PEBYMRE**

# FLUTTER KICKS

**Station  
Number**

**Number  
of Reps**

**Time**



Start by lying down with you back flat, with your hands under your butt. Raise your legs opposite of each other up and down slowly, pretending you are slowly swimming backwards.

**TYPE: CORE**

**@PEBYMRE**

**Time**

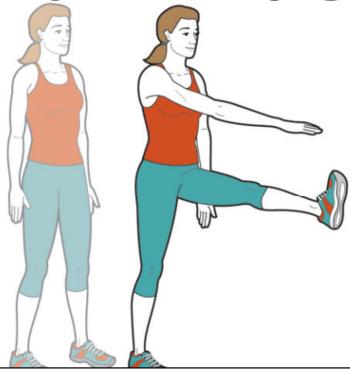
**Station  
Number**

**@PEBYMRE**

**TYPE:**

# HIGH KICKS

**Station  
Number**



**Number  
of Reps**

Start standing with feet shoulder width apart. Keeping your balance, kick out RIGHT LEG to meet your LEFT HAND and relax. Repeat kicking out your LEFT LEG to meet your RIGHT HAND. Relax and repeat.

**OLV PHYS. ED.**

**@PEBYMRE**

# FROG JUMPS

**Station  
Number**



**Number  
of Reps**

Start in a standing position. Bend your knees low, swing your arms and jump forward. Land on both feet, cushioning your landing by bending your knees.

**TYPE: LOWER BODY**

**@PEBYMRE**

# JOGLAPS

**Station  
Number**



**Number  
of Reps**

In a clockwise direction, around the RED LINES, jog at a slow to medium pace or one-quarter to one-half your fastest speed.

**TYPE: CARDIO**

**@PEBYMRE**

# HIGH KNEES

**Station  
Number**



**Number  
of Reps**

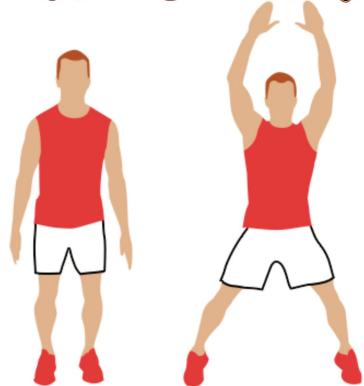
Slowly jogging, with your hands at waist level, bend your knee and bring it up to your hands as quickly as you can. Repeat with the opposite knee.

**TYPE: LOWER BODY**

**@PEBYMRE**

# JUMPING JACKS

**Station  
Number**



**Number  
of Reps**

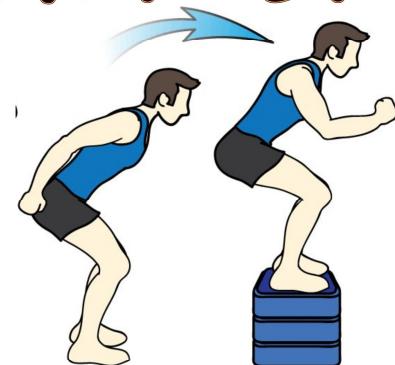
Start in standing position. At the same time, jump your feet apart wide and bring your arms above your head. Return to standing position. Repeat.

**TYPE: FULL BODY**

**@PEBYMRE**

# JUMP UPS

**Station  
Number**



**Number  
of Reps**

Start standing in front of a bench or mat. Bend your knees and jump up with two feet and land with two feet on the bench or mat. Jump back down, landing on two feet. Repeat.

**TYPE: LOWER BODY**

**@PEBYMRE**

# KNEE PULL-INS

**Station  
Number**



**Number  
of Reps**

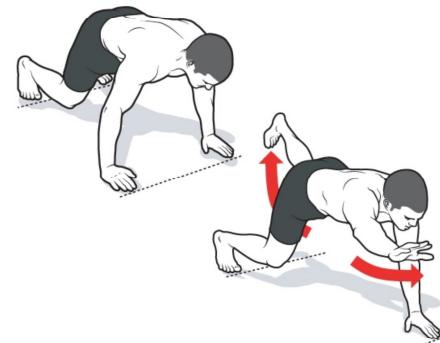
Start by sitting with your hands behind your hips. Keeping your legs and feet off the ground, slowly bring your knees into your chest. Slowly straighten your legs out.

**TYPE: CORE**

**@PEBYMRE**

# KICKBACKS

**Station  
Number**



**Number  
of Reps**

Start in a pushup position. Extend your **RIGHT** arm in front of you and your **LEFT** leg behind. Slowly bring them back to start. Repeat by extending your **LEFT** arm in front and your **RIGHT** leg behind.

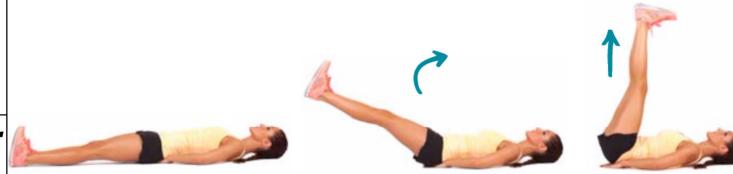
**TYPE: CORE**

**@PEBYMRE**

# LEG RAISES

**Station  
Number**

**Number  
of Reps**



Start by lying down with your back flat, with your hands under your butt. Raise both legs up together slowly and then slowly bring them back down together.

**TYPE: CORE**

**@PEBYMRE**

# KNEES TO ELBOWS

**Station  
Number**

**Number  
of Reps**



**ONE REP** = Bring your **RIGHT ELBOW** down to meet your **LEFT KNEE**. Then bring your **LEFT ELBOW** down to meet your **RIGHT KNEE**.

**TYPE: CORE**

**@PEBYMRE**

# LUNGES

**Station  
Number**

**Number  
of Reps**



Start in a standing position, hands on your hips. Then put one foot forward, bending your knee. Bring your other foot forward to meet it in a standing position. Repeat with other leg.

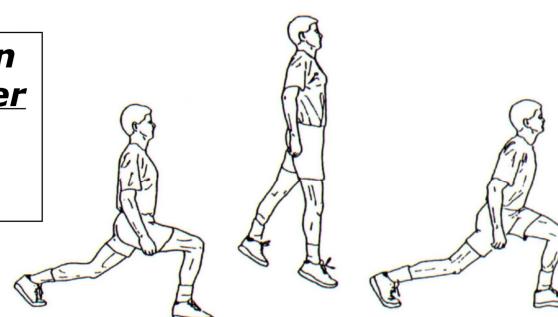
**TYPE: LOWER BODY**

**@PEBYMRE**

# LUNGE JUMPS

**Station  
Number**

**Number  
of Reps**



Start by getting into a lunge on one side of your body. Explode up by jumping as high as you can and then going back down into a lunge on the other side of your body.

**TYPE: LOWER BODY**

**@PEBYMRE**

# CROSS CLIMBER TAPS

**Station  
Number**

**Number  
of Reps**



Start in a MOUNTAIN CLIMBER position. Bring your RIGHT knee up and tap your RIGHT foot with your LEFT hand. Repeat with LEFT leg and RIGHT hand.

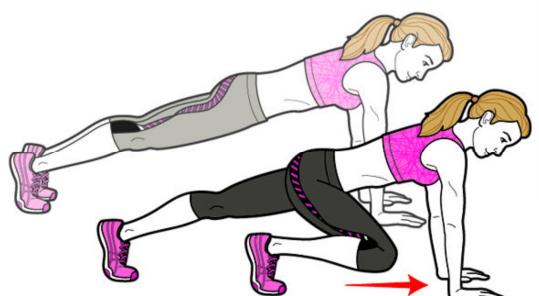
**TYPE: CORE**

**@PEBYMRE**

# MOUNTAIN CLIMBERS

**Station  
Number**

**Number  
of Reps**



Start with your arms below your shoulders, with only your hands and toes touching the ground. Bend one knee and bring that knee forward quickly without touching the ground. Return to start position and repeat with other leg.

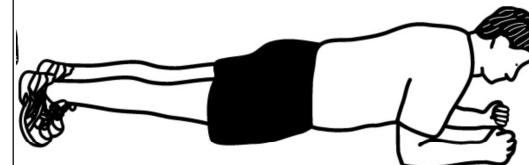
**TYPE: FULL BODY**

**@PEBYMRE**

# PLANK

**Station  
Number**

**Number  
of Reps**



Start with only your toes and your forearms (elbows to wrists) on the ground. Keep your back straight (like a table), your butt down, and hold (do not move) for the amount of time given.

**TYPE: CORE**

**@PEBYMRE**

# PLANK REACH

**Station  
Number**

**Number  
of Reps**



Start in a plank position on your elbows. Keep your back straight, toes on the floor, abdomen tight, and hips up. Reach out your RIGHT arm straight out without twisting, then bring it back. Repeat with your LEFT arm. Stay stable.

**TYPE: CORE**

**@PEBYMRE**

# REST

Take  
a  
Break

**Station  
Number**

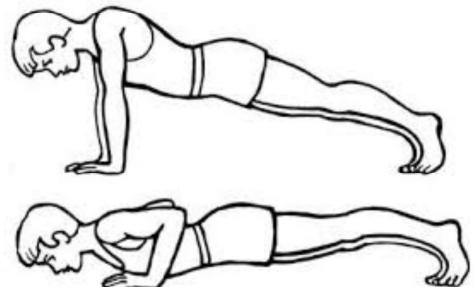
Take a rest break by getting a drink of water or stretching a bit.

**TYPE: REST**

**@PEBYMRE**

# PUSHUPS

**Station  
Number**



**Number  
of Reps**

Start with your arms below your shoulders, with only your hands and toes touching the ground. slowly bend your arms, lower your body just above the ground, and then push back up. Repeat.

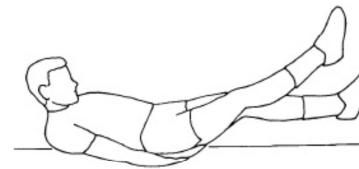
**TYPE: UPPER BODY**

**@PEBYMRE**

# SCISSOR KICKS

**Scissor Kick**

**Station  
Number**



**Number  
of Reps**



Criss-cross legs

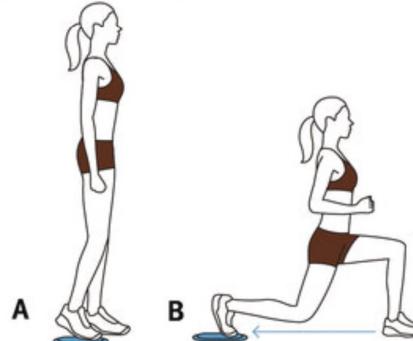
Start by lying down with you back flat, with your hands under your butt. Raise your legs opposite of each other up and criss-cross one leg over the other leg (RIGHT leg over LEFT leg), then switch (LEFT leg over RIGHT leg).

**TYPE: CORE**

**@PEBYMRE**

# REVERSE LUNGES

**Station  
Number**



**Number  
of Reps**

Start standing up straight, feet shoulder width apart. Step back with one leg, bending at the knee until your knee is just off the ground, then stand up. Repeat with the opposite knee.

**TYPE: LOWER BODY**

**@PEBYMRE**

# SHOULDER PRESS

**Station Number**



**Number of Reps**

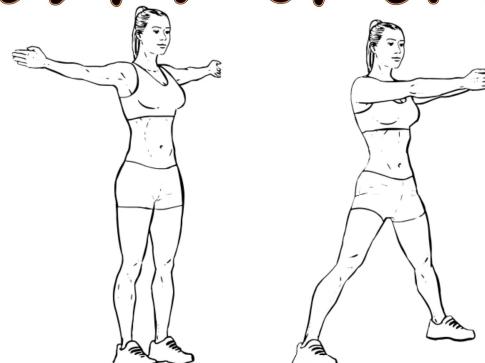
Start with your shoulders over your hands, standing on the balls of your feet, leaning forward slightly. Slowly bring your arms down and then push your body back up into start position. REPEAT.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SEAL JACKS

**Station Number**



**Number of Reps**

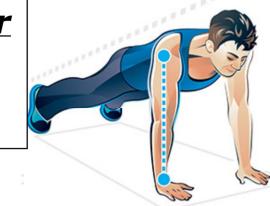
Seal Jacks are similar to **Jumping Jacks** except you put your arms out to the side with your feet together, jump and bring your arms together with your feet out wide, and then go back to the starting position.

**TYPE: FULL BODY**

**@PEBYMRE**

# SHOULDER TOUCHES

**Station Number**



**Number of Reps**

Start in a pushup position, with your arms under your shoulders touching the ground and your toes on the ground. **ONE REP** = Bring your **RIGHT HAND** to touch your **LEFT SHOULDER**. Repeat with bringing your **LEFT HAND** to touch your **RIGHT SHOULDER**.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SHOULDER TAP & PUSHUP

**Station Number**



**Number of Reps**

Start in a **PUSHUP** position. Go down into a full **PUSHUP** and then come back up to do a shoulder tap on with your **RIGHT hand** on your **LEFT shoulder**. Repeat with **LEFT hand** on **RIGHT shoulder**.

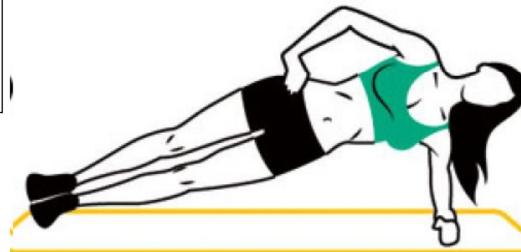
**TYPE: UPPER BODY**

**@PEBYMRE**

# SIDE PLANK

**Station  
Number**

**Number  
of Reps**



Start by doing a plank on your **RIGHT** side. Start plank by balancing on your arm and the side of your foot. Hold for the allotted time. Switch onto your **LEFT** side and repeat.

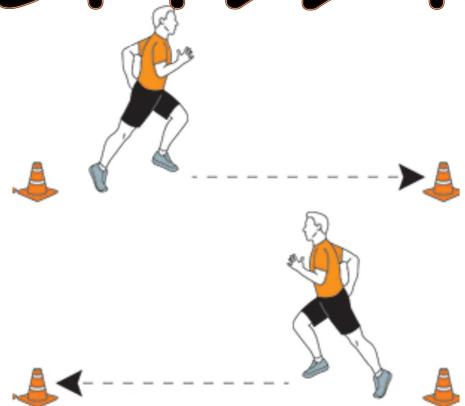
**TYPE: CORE**

**@PEBYMRE**

# SHUTTLE RUN

**Station  
Number**

**Number  
of Reps**



Start at a line or a cone designating the length you will run. Run to the other line or cone, touch it, and run back to the start.

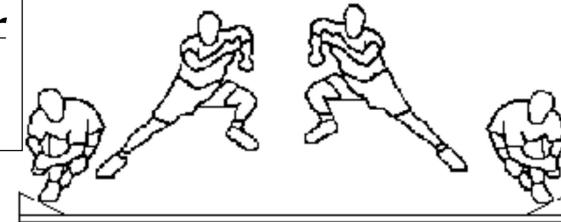
**TYPE: LOWER BODY/CARDIO**

**@PEBYMRE**

# SKATER HOPS

**Station  
Number**

**Number  
of Reps**



Start by hopping sideways as far as you can off of your **RIGHT** foot and landing on your **LEFT** foot. Repeat this by hopping off your **LEFT** foot as far as you can and landing on your **RIGHT** foot.

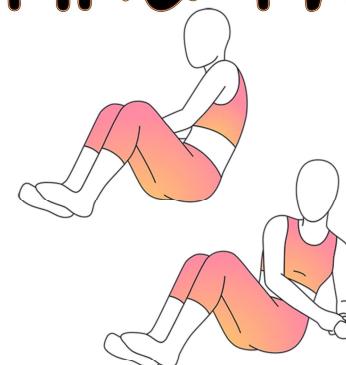
**TYPE: LOWER BODY**

**@PEBYMRE**

# SITTING TWISTS

**Station  
Number**

**Number  
of Reps**



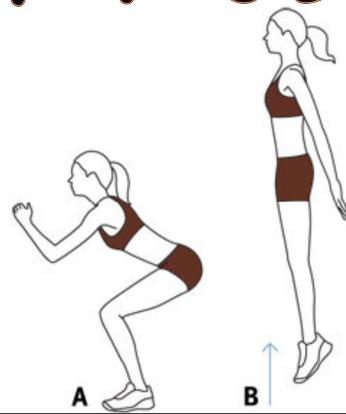
Sit down with your knees bent, back straight, and feet slightly off the ground. With your hands together and keeping your back straight, twist your upper body to the **RIGHT**, then back to the **LEFT**. REPEAT.

**TYPE: CORE**

**@PEBYMRE**

# SQUAT JUMPS

**Station Number**



**Number of Reps**

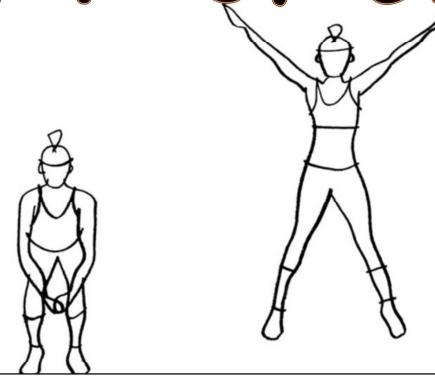
Start with a squat position (A) and then jump up as quickly and powerfully as you can (B). Then land back in a squat position (A).

**TYPE: LOWER BODY**

**@PEBYMRE**

# STAR JACKS

**Station Number**



**Number of Reps**

Similar to a jumping jack, start with your knees bent, back slightly bent, and arms in front of you. Quickly jump with your feet side and arms out making a star shape with your body. Return to starting position.

**TYPE: FULL BODY**

**@PEBYMRE**

# SPIDERMAN PUSHUP

**Station Number**



**Number of Reps**

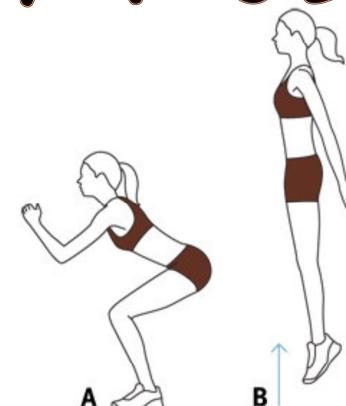
Start in a PUSHUP position (A). As you go down into a pushup, bend your **RIGHT** leg and touch your **RIGHT** knee to your **RIGHT** elbow (B). Push back up, repeat with **LEFT** side.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SQUAT JUMPS

**Station Number**



**Number of Reps**

Start with a squat position (A) and then jump up as quickly and powerfully as you can (B). Then land back in a squat position (A).

**TYPE: LOWER BODY**

**@PEBYMRE**

# SUPERMANS

**Station Number**



**Number of Reps**



Start by lying down on your stomach with your arms stretched out in front of you. Slowly bring your arms and legs up together, arching your back, and down again slowly.

**TYPE: CORE**

**@PEBYMRE**

# SUPERMAN HOLD

**Station Number**

**Time**



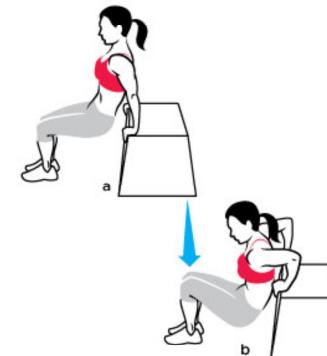
Start by laying on your stomach. Bring your legs up behind you and your arms up in front of you, raising your chest off the ground. Hold for the time allotted.

**TYPE: CORE**

**@PEBYMRE**

# TRICEP DIPS

**Station Number**



**Number of Reps**

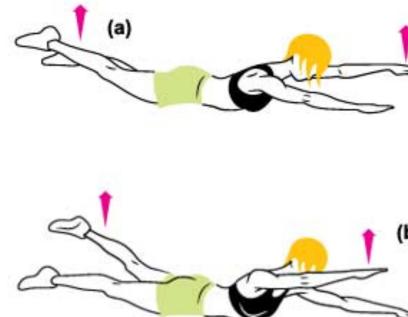
Sit on a bench with your arms straight and palms down, holding the edge of the bench. Slowly lower your body to the floor with your arms. Push back up to the starting position.

**TYPE: UPPER BODY**

**@PEBYMRE**

# SWIMMERS

**Station Number**



**Number of Reps**

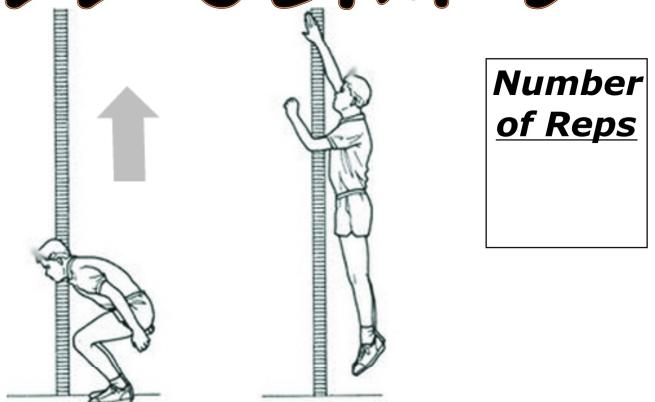
Start by lying down on your stomach. Bring your LEFT leg up at the same time as your RIGHT arm. Switch to bring your RIGHT leg up at the same time as your LEFT arm. Repeat as if you are swimming.

**TYPE: CORE**

**@PEBYMRE**

# WALL JUMPS

**Station Number**



**Number of Reps**

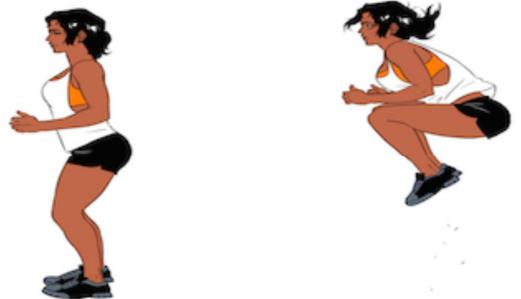
Start standing next to a wall with your shoulder facing the wall. Bend your knees and jump as high as you can and touch the wall as far up as you can. Land softly and repeat.

**TYPE: LOWER BODY**

**@PEBYMRE**

# TUCK JUMPS

**Station Number**



**Number of Reps**

Start in a standing position. Bend your knees and jump as high as you can. As you jump, try to quickly tuck your knees into your chest before you land.

**TYPE: LOWER BODY**

**@PEBYMRE**