JR NUGGETS DRILL CARD

1. ARMS

TRICEPS DIPS 3 SETS × 12 REPS

BURPEE + PUSH UPS 3 SETS × 12 REPS

2. SHOULDERS

INCH WORMS 3 SETS × 12 REPS

SUPERMANS 3 SETS × 12 REPS

HOLD FOR 2 SEC

3. CORE

FRONT PLANK 3 SETS × 45 SEC

BIRD-DOG 3 SETS × 10 REPS

4. AGILITY

MOUNTAIN CLIMBERS 3 SETS × 45 SEC

SINGLE LEG HOPS 3 SETS × 45 SEC

JUMP ROPE 3 SETS × 45 SEC

5. GLUTES / QUADS

BODYWEIGHT SQUAT 3 SETS × 20 REPS

LUNGE 3 SETS × 15 REPS

