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

SHOULDER TAPS 3 SETS × 20 REPS

3. CORE

FRONT PLANK 3 SETS × 45 SEC

SIDE PLANK 3 SETS × 45 SEC

SIT-UPS 3 SETS × 15 REPS

4. AGILITY

JUMP ROPE 3 SETS × 45 SEC

MOUNTAIN CLIMBERS 3 SETS × 45 SEC

5. GLUTES / QUADS

BODYWEIGHT SQUAT 3 SETS × 20 REPS

LUNGE 3 SETS × 15 REPS

