



## Home Conditioning Sets

### **Set 1**

30 Star Jumps

25 Ski Jumps

30 Piked V-Sits

25 Forward Dish Rocks

25 Backward Dish Rocks

Froggy Sit – 10 mins

### **Set 2**

25 Burpees

25 Squat Thrusts

30 Back kicks on hands and knees, each leg

30 Press ups

25 Shoulder dips

20 'Swim Trough's'

### **Set 3**

30 Mountain Climbs

4 x 30 seconds Plank holds

20 'Walking' Press Ups

20 Shoulder Lifts

25 Single leg crunches

30 Bridge Rocks