

STATION 1: CARDIO (SHUTTLE RUNS)

★ CHALLENGE ★

Complete as many quality lengths as possible in time while progressing from one of the levels of a walk → jog → sprint.

★ PROGRESSION ★

1 Walk: approx. 2 lengths



2 Jog: approx. 3 lengths



3 Sprint: 4 lengths



REST

10–15 seconds between attempts

WORKOUT AIM SETS: **3**



SPECIFICITY

Cardiovascular endurance

How to

1. Start behind the cone with your body facing forward.
2. Move toward the opposite cone.
3. Touch or pass the cone before changing direction.
4. Turn under control and return to the starting cone.
5. Continue moving back and forth for the assigned time.
6. Begin at a comfortable walking pace.
7. Progress to jogging and then sprinting when you are ready and can maintain good control.
8. Take a short 10–15 second rest between attempts if needed.



Safety: Running

Stay in your own lane and watch for other students. Slow down before changing direction.

STATION 2: LOWERBODY STATION (LUNGES)

★ PROGRESSION ★

1 Bodyweight Lunges
(step forwards): 10 reps/leg



2 Reverse Lunges
(step backwards): 10 reps/leg



3 Jumping Lunges: 10 reps/leg



REST

10–20 seconds between attempts

WORKOUT AIM SETS: **3**



SPECIFICITY

Quadriceps, glutes and lower-body
muscular endurance

HOW TO

Forward Lunge

1. Stand tall with feet about hip-width apart.
2. Step forward with one leg.
3. Bend both knees and lower your body toward the floor.
4. Keep your front knee controlled and aligned with your foot.
5. Push through your front foot to return to the starting position.
6. Repeat on the opposite leg.



Reverse Lunge

1. Start standing tall.
2. Step one foot backward.
3. Lower your body by bending both knees.
4. Keep your front foot planted and your torso upright.
5. Push through the front foot to return to standing.
6. Alternate legs.

Jumping Lunge

1. Start in a controlled lunge position.
2. Push through both feet to jump.
3. Switch your legs in the air.
4. Land softly in the opposite lunge position.
5. Immediately control the landing before the next repetition.



Safety: Lunges

Keep the front knee aligned with the toes.
Land softly during jumping lunges.
Keep enough space between students.

STATION 3: UPPER BODY STATION (PUSH-UP)

★ PROGRESSION ★

1 Wall Push-Ups: 15-20 reps



2 Knee Push-Ups: 8-12 reps



3 Full Push-Ups: 5-10 reps



REST

10–20 seconds between attempts

WORKOUT AIM SETS: **3**



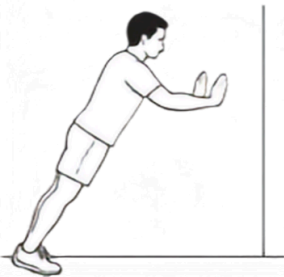
SPECIFICITY

Chest, triceps and shoulders

HOW TO

Wall Push-Up

1. Stand facing the wall with hands slightly wider than shoulder-width apart.
2. Walk your feet back so your body forms a straight line.
3. Bend your elbows and bring your chest toward the wall.
4. Push through your hands to return to the starting position.



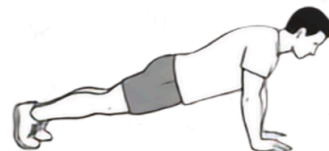
Knee Push-Up

1. Start on your hands and knees.
2. Place your hands slightly wider than shoulder-width apart.
3. Move your knees back and keep your body in a straight line from your knees to your head.
4. Bend your elbows and lower your chest toward the floor.
5. Push through your hands to return to the starting position.



Full Push-Up

1. Start in a high-plank position with hands underneath or slightly wider than your shoulders.
2. Keep your body in a straight line from head to heels.
3. Bend your elbows and lower your chest toward the floor.
4. Push through your hands to return to the starting position.
5. Keep your core tight throughout the movement.



Safety: Push-ups

Keep enough space between students.
Do not allow the lower back to sag.
Stop if there is pain in the shoulders or wrists.

STATION 4: CORE (PLANK)



PROGRESSION



1

Standard plank: 20–30 sec



2

Exercise-ball plank: 15–20 sec



3

Exercise-ball plank Stir the pot: 5–8 circles each direction



REST

10–20 seconds between attempts.

WORKOUT AIM SETS: **3**



SPECIFICITY

Core stability and muscular endurance

HOW TO

Standard Plank

1. Place your forearms on the floor with elbows underneath your shoulders.
2. Extend your legs behind you.
3. Keep your body in a straight line from your head to your heels.
4. Brace your core and hold the position.
5. Breathe steadily while maintaining good posture.



Exercise-Ball Plank

1. Place your forearms on the exercise ball.
2. Extend your legs behind you.
3. Keep your body straight and your core engaged.
4. Hold the position without allowing your hips to drop or rise.



Stir the Pot

1. Start in the exercise-ball plank position.
2. Brace your core and keep your body stable.
3. Slowly move your forearms in a small circular motion.
4. Complete 5–8 controlled circles in one direction.
5. Reverse direction and complete 5–8 circles.



Safety: Plank

- Keep the exercise ball in a clear area.
- Students should not progress to the ball if they cannot maintain a stable standard plank.
- Keep movements slow and controlled.

STATION 5: FULL BODY (MED. BALL SQUAT)



PROGRESSION



1

Med. Ball Squats: 10-15 reps



2

Med. Ball Squat with Press: 8-12 reps



REST

10-20 seconds between attempts.

WORKOUT AIM

SETS: 3



SPECIFICITY

Lower-body strength/endurance, upper-body strength/endurance and full-body coordination

HOW TO

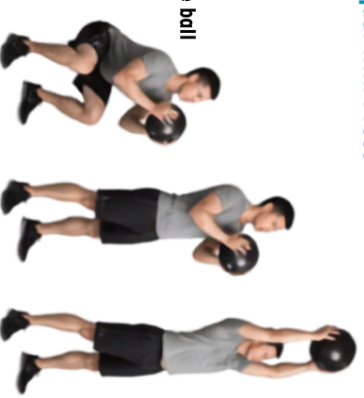
Medicine Ball Squat

1. Hold the medicine ball securely with both hands.
2. Stand with feet about shoulder-width apart.
3. Bend your knees and hips to lower into a squat.
4. Lower the ball toward the floor and lightly tap it on the floor.
5. Keep your chest lifted and knees controlled.
6. Push through your feet to stand all the way back up.



Medicine Ball Squat with Press

1. Hold the medicine ball at chest height.
2. Lower into a controlled squat.
3. Return to standing.
4. As you reach the top of the squat, press the ball overhead.
5. Lower the ball back to chest height.
6. Repeat with control.



Safety: Med. Ball Squat

- Use an appropriate medicine-ball weight.
- Keep the ball under control at all times.
- Do not throw or drop the ball.
- Make sure there is enough space between students.

STATION 6: CARDIO (SKIPPING)



PROGRESSION



1

Basic Two-Foot Skip: 30-45 sec



2

Alternating-Foot Skip: 20-30 sec



3

High-Knee / Faster Skip: 20-30 sec



REST

10-20 seconds between attempts.

WORKOUT AIM SETS: **3**



SPECIFICITY

Cardiovascular endurance,
coordination and rhythm

HOW TO

Basic Skipping

1. Hold the rope handles with your hands beside your hips.
2. Keep your elbows close to your body.
3. Turn the rope using your wrists.
4. Jump with both feet together as the rope passes underneath.
5. Keep your jumps small and controlled.



Alternating Foot Skip

1. Continue turning the rope with your wrists.
2. Alternate your feet as the rope passes underneath.
3. Keep your jumps light and consistent.
4. Maintain a steady rhythm.



High-Knee/Faster Skip

1. Begin with the alternating-foot skip.
2. Gradually increase your skipping speed.
3. Lift your knees slightly higher while maintaining control.
4. Keep the rope turning smoothly.
5. Return to a slower pace if your technique breaks down.



Safety: Skipping

- Make sure you have enough space around you.
- Keep your rope in your own area.
- Look forward rather than down constantly.
- Avoid swinging the rope toward other students