

**STAGE**

6. X-C Skiing

5. Burpees

4. Sit-ups

3. Front lateral  
OR Front Plank

2. Push ups

1. Jump rope

7. Curls OR  
Right side Plank



8. Suicide Runs

9. Military Press  
OR L. Side Plank

10. Hip Lift

11. Step ups

- Warm-up Drills**
1. High Knees—march-skip
  2. Walk on toes — half court
  3. Walk on heels — half court
  4. Calf stretch (alternating leg)
  5. Strawberry pickers — half court (standing V 3 picks—front-center-back)
  6. Picking flowers — half court
  7. Lunges — 12-1-11 o'clock
  8. Hamstring stretch — left over right, etc.

- With weights**
1. Jump Rope
  2. Push-ups
  3. Front & Lateral Arm Raise \*\*
  4. Sit-ups
  5. Burpees
  6. X-C Skiing (scissor bounds)

7. Curls \*\*
8. Suicide runs
9. Military Press \*\*
10. Hip Lift \*
11. Step-ups
12. Left leg single leg squats
13. Right leg single leg squats
14. Mt. Climbers
15. Bicycle crunches
16. Bench Press \*\*
17. Leg lifts
18. Runners w/ weights \*\*
19. Lying opposites
20. Jumping Jacks

9. Stork — 30-60 seconds
10. Fire hydrants
11. Grape vine
12. Front-Side-Front
13. Butt Kickers
14. Fast-leg left
15. Fast-leg right
16. Lead leg drill
17. Trail leg drill
18. Run court 2-4x — Down & Back is one

- Without weights**
1. Jump Rope
  2. Push-ups
  3. Front plank \*\*
  4. Sit-ups
  5. Burpees
  6. X-C Skiing (scissor bounds)

7. Right side plank \*\*
8. Suicide runs
9. Left side plank \*\*
10. Back plank w/ leg lift \*
11. Step-ups
12. Left leg single leg squats
13. Right leg single leg squats
14. Mt. Climbers
15. Bicycle crunches
16. Hip Lifts \*\*
17. Leg lifts
18. Runner push ups \*
19. Lying opposites
20. Jumping Jacks

12. Left leg  
squats

13. Right leg  
squats

20. Jumping  
jacks



19. Lying  
opposites

18. Runners with  
weights OR  
Runner push-ups

17. Leg lifts

16. Bench Press  
OR Hip Lifts

15. Bicycle  
crunches

14. Mt. Climbers