

R - Raise HR

M - Mobilise

A - Activate

P - Prime



1866

Skipping

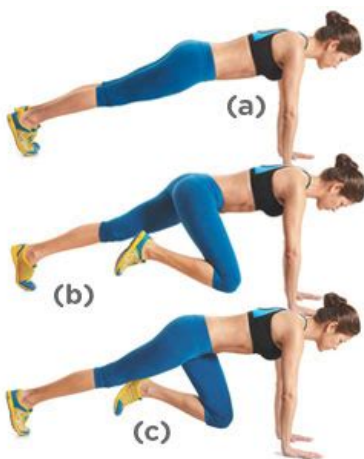


Jogging

- Standard
- Heel Flicks
- High Knee



Mountain Climbers



Spiderman Switches



R - Raise HR

M - Mobilise

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P - Prime



Upper Trapezius

Sitting Neck Rotation

Standing Streamline Reach Ups

Wall Or Floor Slides

Shoulder Internal And External Rotation

Sitting Thoracic Rotation Hands On Head

Thoracic Rotation 4-Point Kneeling

Side Lying Open Ups

Hip Internal Rotation In Prone

Hip Lateral Lunges

Hip Flexor Lunges

Standing Calf Lunges

Heel Drops On Step

Knee Extension Ankle Dorsiflexion Combination

R - Raise HR

M - Mobilise

A - Activate - Level 1

P - Prime



1866

Double Leg Glute Bridge

Side Lying Clams

Double Arm Serratus Punch

Standing Rotation With Band And Elbows In

Arms Only Superman

R - Raise HR

M - Mobilise

A - Activate - Level 2

P - Prime



1866

2 Up 1 Down Glute Bridge

Side Lying Clams With Legs Lifted

Single Arm Serratus Punch

Standing Rotation With Band At 45 Degrees

Legs Only Superman

R - Raise HR

M - Mobilise

A - Activate - Level 3

P - Prime



1866

1 Up 1 Down Glute Bridge

Side Lying Straight Leg Lifts

Kneeling Push Up Plus

Standing Rotation With Band At 110 Degrees

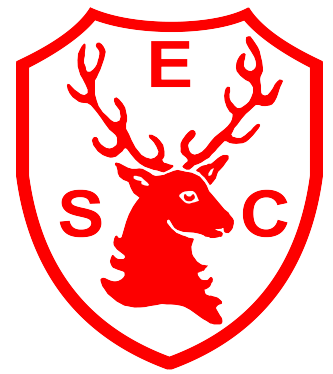
Arms and Legs Superman

R - Raise HR

M - Mobilise

A - Activate

P - Prime - Level 1



1866

Box Push Ups

Swimmer Pulse With Band

Zombie Squat

Hands On Hips Split Squat

R - Raise HR

M - Mobilise

A - Activate

P - Prime - Level 2



1866

Knees Down Push Ups

Neutral Grip Standing Row

Prisoner Squat

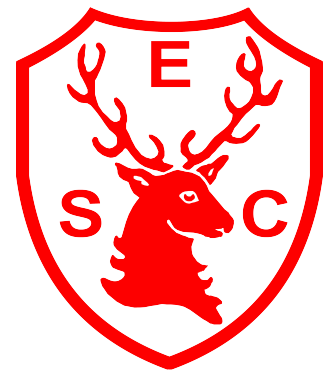
Hands On Hips Reverse Lunge

R - Raise HR

M - Mobilise

A - Activate

P - Prime - Level 3



1866

Full Push Ups

Band Pull Down

Band Overhead Squat

Bulgarian Split Squat