



# 2021 STRENGTH ROUTINE

<b>1</b>	Jumping Jacks (50)	Active contact on ball of foot (not toes)
<b>2</b>	Scorpions (20)	10 per leg. On your belly, keep shoulders down, arms out, roll back to open hip and tap foot behind.
<b>3</b>	Rollover V-Sits (20)	On your back, bring knees to nose and feet to touch ground over head. Roll back into a straddle V sit.
<b>4</b>	Rocket Jumps (20)	Squat, touch toes and jump high
<b>5</b>	Ankle Hops (30)	Bounce on balls of both feet, (not toes)
<b>6</b>	Lunges with Twist (20)	10 per leg. Lower slowly, thigh parallel to ground-twist torso left then right
<b>7</b>	Burpees (12)	Squat and push legs back, push-up, jump feet back under hips, and reach up
<b>8</b>	Ice Skaters (30)	15 per leg. Hop laterally, one foot landing, other leg behind.
<b>9</b>	Step-ups (40)	20 per leg. Use a step or stool. Full hip/knee extension.
<b>10</b>	Bridges (20)	Push hips up vertically, squeeze glutes
<b>11</b>	Toe taps (60 seconds)	On your back, bend knees, heels close to butt. Tap toes quickly, alternating for one minute.
<b>12</b>	Push-ups (20)	Straight back, tighten core
<b>13</b>	Lateral hops (30)	Hop side to side, landing on both feet with full contact.
<b>14</b>	Square Hops (3x each direction)	One leg hop in a square pattern. Go forward left, back left, forward right, back right.
<b>15</b>	Windshield wipers (40)	20 per leg. Lying on back, lift one leg straight up and lower slowly across the body trying to touch ground.
<b>16</b>	Dead Bugs (60 seconds)	Touch opposite toe and hand, straight legs, full reach out
<b>17</b>	Single leg deadlift with hop (40)	20 per leg. Deadlift with small hop as you come up
<b>18</b>	Plank (2 minutes)	Maintain good position, keep back flat
<b>19</b>	V-ups (20)	Straight body, raise both legs to fingers. Lower slowly.
<b>20</b>	Bicycle (20)	Touch elbow to opposite knee, pushing other leg out straight. Go slowly.