



Dry Land training

Strength & Conditioning

- Perform each drill for 30 seconds, rest for 30 seconds and then repeat the drill
- Complete the circuit, rest for 90 seconds and repeat the circuit

Circuit #1

1. Squat jumps – with hands behind head
2. Push ups – keep back straight
3. Alternate lunges – touch knee to ground
4. Sit-ups – knees bent touch chest to knees – keep feet flat on ground
5. Backward Lunges – Step back, touch knee to ground
6. Chin ups – underhand grip full extension
7. Split squats – up & down for 15 seconds almost touch knee to ground – then switch legs
8. Lying twist – Legs straight up in air and feet together rotate to left then to right

Circuit #2

1. Scissor Jumps – explode straight up – switch feet, keep head and chest up
2. Sit-ups - knees bent touch chest to knees – keep feet flat on ground
3. Mountain climber - push up position – cycle feet near hands
4. Clap push-ups
5. USA's (burpies)
6. Pull-ups – overhand grip
7. Body squats - hand together, straight out and deep knee bend
8. Lying twist - feet straight up, rotate to left then to right